Grilled Salmon with Tomato Caper Dressing
Serving Size: 1 filet
Serves: 1

**Ingredients**
1 teaspoon olive oil
¼ small onion, diced
¼ medium tomato, diced
1 teaspoon capers
1 tablespoon fresh basil
1 tablespoon lemon juice
Pinch of coarse black pepper

1 teaspoon olive oil
1- 5oz fresh salmon filet
Pinch of coarse black pepper
Pinch of salt
Juice of one lemon

**Directions**
Prepare the relish.
In a small mixing bowl, combine the first 6 ingredients.

Heat the olive oil in a skillet on medium high heat.
Lightly season the filet with salt and pepper to taste.
Grill the salmon for 6-8 minutes on each side or until the fish flakes with a fork.
Slice the lemon in half and squeeze half the lemon over the salmon before serving.
Garnish the salmon with the other half of the lemon.

**Exchanges per serving:**
4 medium fat meats, 1 Vegetable, 1 Fat

**Nutrients per serving:**
Calories: 396
Calories from fat: 250
Total Fat: 28g
Cholesterol: 77mg
Sodium: 266mg
Total Carbohydrate: 7g
Dietary Fiber: 1g
Protein: 29g