

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