

Salmon Claudieux

Serving size: 1/6th of recipe

Serves: 6

Ingredients:

3 sticks butter
Juice of 2 fresh limes
3 cloves of garlic, minced
Seasoned pepper 6-12 dashes to taste
3-6 dashes of celery salt
6-10 tablespoons fresh rosemary, diced
3 pounds fresh salmon filet, skin removed
1 cup fresh mushrooms, thinly sliced

Directions:

Preheat oven to 350.

In a medium saucepan, combine the first six ingredients. Heat on medium stirring frequently until the butter is melted and the sauce is well blended.

Cover a baking sheet or shallow pan with foil leaving enough overlap to fold over and fully cover the salmon. Place the salmon in the prepared pan. Add the mushrooms to the sides being careful not to put any mushrooms on the salmon.

Stir the sauce and pour it over the salmon and mushrooms. Use all of the sauce. Cover the salmon with the foil and turn up all edges to help contain the sauce.

Bake for approximately 20 minutes or until the fish flakes easily with a fork. The bake time will vary depending on the thickness of the salmon filets.

Remove from the oven when the fish flakes easily. Carefully peel back the foil and return the pan to the oven. Set the oven to broil and broil for 4-5 minutes.

Serve immediately on a warm plate with fresh steamed asparagus and oven roasted potatoes. A sparkling wine or champagne pairs well with this dish.

Exchanges per serving:

7 Medium Fat Meat, 7 Fats

Nutrients per serving:

Calories: 882
Calories from fat: 675
Total Fat: 76g
Cholesterol: 245mg
Sodium: 503 mg
Total Carbohydrate: 2g
Dietary Fiber: 0g
Protein: 47g