

Peppered Salmon

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

2 tablespoons olive oil
6 - 4oz salmon steaks
Dash of salt and black pepper
1 lemon

Directions

Preheat the oven to 325 degrees.
In a skillet heat the olive oil over medium heat.
Sear the salmon steaks for 1 minute on each side until browned.
Lightly salt and pepper each steak.
Cut the lemon and squeeze over the salmon.
Finish in the oven for 5-7 minutes.

Exchanges per serving:

3 Lean Meats, 2 Fats

Nutrients per serving:

Calories: 275
Calories from fat: 175
Total Fat: 20g
Cholesterol: 62mg
Sodium: 82mg
Total Carbohydrate: 1g
Dietary Fiber: 0g
Protein: 23g