



Grilled Salmon Filet

Makes 1 serving

Ingredients

1 5-ounce salmon filet
¼ teaspoon olive oil
Teriyaki sauce



Instructions

Brush salmon with olive oil and place on preheated grill. Cook 2 to 3 minutes per side. Turn once. Fish is done when it is firm, flakes easily and has reached an internal temperature of 140-145° F. Do not overcook. When done, remove from grill and brush with teriyaki sauce. Serve immediately.

Nutrition Facts

Serving Size: 5 oz; Calories 300; Calories from Fat 180; Total Fat 20 g; Saturated Fat 4.5 g; Trans Fat 0 g; Cholesterol 75 mg; Sodium 85 mg; Total Carbohydrates 0 g; Dietary Fiber 0 g; Sugars 0 g; Protein 29 g; Vitamin A 2% RDA; Vitamin C 13% RDA; Calcium 2% RDA; Iron 1% RDA

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and
BlueChoice® HealthPlan of South Carolina