

RECIPE

Baked Citrus Salmon

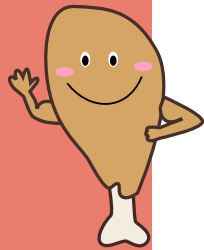
Start to Finish: 20 minutes Servings: 2

Ingredients:

- ¾ pound salmon filet, cut into 2 pieces
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 1 teaspoon lemon zest
- 1 teaspoon orange zest
- Cooking spray
- 2 lemon wedges

Directions:

1. Preheat oven to 450 F.
2. Season salmon with salt and pepper, then spread lemon and orange zest over fish.
3. Place fish, skin-side down, in a medium roasting pan or baking dish coated with cooking spray. Bake 12-16 minutes, until fish is opaque throughout and flakes easily with a fork.
4. Serve with lemon wedges.



Nutrition Information Per Serving:

315 Calories; 18.5 g Total Fat; 4 g Saturated Fat; 391 mg Sodium; 34 g Protein; 0.5 g Dietary Fiber; 1 g Carbohydrates