

Salmon on the Grill



Teriyaki Salmon

Serves: 4 | *Serving Size:* 3 ounces

Ingredients:

4 3-ounce salmon steaks
2 tablespoons of canola oil
3 tablespoons of lemon juice
1 tablespoon of light soy sauce
1/2 teaspoon of dried ginger

Directions:

Place salmon steaks in a covered dish.

Combine the rest of the ingredients in a bowl and mix well. Pour the marinade over the salmon.

Place the dish in the refrigerator and let marinate for 30 minutes.

Meanwhile, preheat your grill.

Place the salmon steaks on the grill and let them cook for 10 minutes. Flip each steak and cook until it's done, roughly 10 more minutes.

Nutrition Information:

Serves 4. Each serving contains 392 calories, 18 g fat, 3 g saturated fat, 0 g trans fat, 117 mg cholesterol, 443 mg sodium, 1 g carbohydrate, 0 g dietary fiber, 0 g sugar, and 53 g protein.

Each serving has 5% DV vitamin A, 6% DV vitamin C, 2% DV calcium, and 5% DV iron.

Chef's Tips:

Serve the salmon with grilled vegetables and a side of brown rice. Garnish with sliced green onions, cilantro, and Thai basil.

Watch the salmon carefully — nothing tastes worse than overcooked fish!

This dish is rich in omega-3 fatty acids, which can promote heart health.

MyPlate recommends that most people eat roughly 8 ounces of cooked seafood per week. A serving of this dish gets you almost halfway there!

The fish is done when its flesh is opaque instead of translucent.

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