

Brighten Up Your Fish!



Lemon Butter Salmon

Serves: 1 | Serving Size: 1 plate

Ingredients:

3.5-ounce salmon fillet, thawed
1 lemon
1 tsp butter
Black pepper, to taste
Pinch of fleur de sel or table salt
Paprika
1 tablespoon Panko breadcrumbs
1 cup peas
1 sweet potato

Directions:

Place the salmon fillet in a baking dish. Squeeze the lemon over the top of the fish, allowing the juice to spill into the baking dish.

Sprinkle black pepper, paprika, salt, and bread crumbs over the salmon. Cut the butter into small bits and place them on the top of the salmon too.

Put the dish in the oven and bake at 350 degrees for 15 minutes, then turn the heat up to 390 for the final few minutes. Cook until the salmon reaches an internal temperature of 145 degrees.

Meanwhile, microwave the sweet potato for 4 minutes and then add it to the oven.

Place the peas in a shallow bowl, cover it with foil, and then bake in the oven along with the fish.

Nutrition Information:

Serves 1. Each serving contains 734 calories, 23 g fat, 5 g saturated fat, 0 g trans fat, 173 mg cholesterol, 240 mg sodium, 58 g carbohydrate, 13 g dietary fiber, 19 g sugar, and 71 g protein.

Each serving also has 468% DV vitamin A, 106% DV vitamin C, 14% DV calcium, and 33% DV iron.

Chef's Tips:

Serve all 3 items while they're still hot. Arrange them on a large dinner plate.

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