

Our Culture of Health

Bryan's Grilled Salmon & Vegetables

Ingredients for salmon:

Fresh salmon filet

Lawry's Sesame Ginger with Mandarin Orange Juice Marinade

Ingredients for vegetable side dish:

Assorted chopped vegetables such as: asparagus, broccoli, onions, zucchini, red potatoes

Olive oil and sea salt

Directions:

Marinate salmon for 30 minutes in ½ or ¼ bottle of Lawry's Marinade

Drizzle the vegetables with oil and sprinkle with a dash of sea salt and place in grill basket

Grill vegetables with salmon at 500° for 7 minutes each side

5 oz salmon and 1 cup vegetables

Calories – 411 Carbohydrate – 20gm Protein – 43gm Fat – 17gm Sodium – 230mg Fiber – 3gm