

BAKED MARINATED SALMON

SERVES 6



3 oz pineapple juice
2 oz onion, finely chopped
1/2 tsp lime zest
2 Tbsp lime juice
1 Tbsp ginger root, peeled and grated
1 Tbsp low sodium soy sauce
2 cloves garlic, minced
1 tsp vegetable oil
6 salmon fillets, 4 oz

Serving Size: 4 oz
Calories: 230
Fat: 10 gm
Protein: 29 gm
Carbohydrates: 4 gm
Sodium: 129 mg

Directions:

- Pre-heat oven to 350 degrees
- For marinade: Combine first eight ingredients. Set aside one half of marinade to use for reduction sauce.
- Rinse the fish and pat dry with paper towels. Add fish to 1/2 the marinade using a re-closable bag (you will discard this portion after fish is done marinating.) Marinate for 15 minutes to 1 hour, turning occasionally.
- Line a sheet pan with pan liner and spray with vegetable oil spray. Remove fish from marinade and place on sheet pan, top fish with 1-2 tablespoons of the marinade (for entire pan). Bake for approximately 12-15 minutes or until the fish reaches 145 degrees.
- Put reserved marinade in saucepan and reduce by one half. Drizzle over fish.

Become a Facebook fan!
Look for more recipe's on fresnoheartandsurgical.org



FRESNO
HEART & SURGICAL
HOSPITAL

A facility of Community Medical Centers