



Sweet Chile Lime Salmon

SERVING: 1
YIELD: 4

PREP TIME: 15 MIN
TOTAL TIME: 30 MIN

Ingredients

- Cooking Spray
- 2 Limes, juiced
- ¼ cup Parsley, fresh, chopped
- 2 tbsp Olive oil
- 1 Garlic clove, minced
- ½ tsp Crushed red pepper flakes
- 1 tsp Cumin
- 2 tbsp Honey
- 4 Salmon filet
- 1 Bell pepper, red, cut into chunks (1 inch)
- 1 Bell pepper, green, cut into chunks (1 inch)
- 1 Bell pepper, yellow, cut into chunks (1 inch)
- 1 Onion, cut into wedges (1 inch)

Optional: Add
brown rice on side

Nutrition Facts

4 servings per container	
Serving size	1 filet (0.0g)
Amount Per Serving	
Calories	320
<i>% Daily Value*</i>	
Total Fat 19g	24%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 55mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 19g	
Vitamin D 9.4mcg	45%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 520mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. PREHEAT oven to BROIL on high heat. COVER baking sheet with foil. SPRAY with cooking spray.
2. In a large bowl WHISK lime juice, parsley, olive oil, garlic, red pepper, cumin and honey.
3. ADD peppers and onions to the bowl. TOSS to coat.
4. PLACE salmon (skin side down) on the pan. PLACE onions and peppers around the fish on the baking sheet. RESERVE the remaining marinade.
5. BROIL salmon and veggies for 12-15 minutes until salmon is cooked through (145° F).
6. REMOVE from the oven, POUR remaining marinade over salmon and veggies. SERVE over brown rice (optional).

*Recipe adapted from
getfreshcooking.com

Cost Per Recipe

\$9.40

Cost Per Serving

\$2.35