

Fired-Up Salmon

4 Salmon fillets (4 oz ea)

¼ cup peanut oil

2 tbsp soy sauce (low sodium)

2 tbsp balsamic vinegar

1 green onion (chopped)

1 ½ tsp brown sugar

1 clove of minced garlic

1 tsp ground ginger

1 tsp crushed red pepper flakes

½ tsp sesame oil

¼ tsp salt

Directions:

Place salmon filets in a medium, nonporous glass dish. In a separate medium bowl, combine the peanut oil, soy sauce, vinegar, green onions, brown sugar, garlic, ginger, red pepper flakes, sesame oil and salt.

Whisk together well, and pour over the fish. Cover and marinate the fish in the refrigerator for 4 to 6 hours.

Prepare an outdoor grill with coals about 5 inches from the grate, and lightly oil the grate.

Grill the fillets 5 inches from coals for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes with a fork. Turn over halfway through cooking

Or on Stovetop, Cook on Medium Heat in a skillet until fish cooked through.

Approx. 5 mins depending on thickness

Serve with Choice of Steamed Veggies (Asparagus and Cauliflower)

Calories Per Serving – 300 (Serving size 1 Salmon Filet and choice of steamed veggies)

Protein 249g

Carbs 12g

