



BROILED SALMON w/LEMON & OLIVE OIL

Intermediate Lifestyle

INGREDIENTS

4 (6-ounce) salmon fillets
1/2 TSP salt
1/2 TSP coarsely ground pepper
1 TSP grated lemon rind
3 TBS fresh lemon juice, divided
2 TBS extra-virgin olive oil, divided
1 TSP fresh or dried rosemary
Vegetable cooking spray
2 cups hot cooked brown rice (white is fine; if so, Basmati or Jasmine suggested)
4 cups arugula or uncooked baby spinach

INSTRUCTIONS

- Sprinkle salmon fillets evenly with salt and pepper.
- Place fillets, lemon rind, 1 TBS lemon juice, 1 TBS oil, and rosemary in a large zip-top plastic bag. Seal and turn to coat. Chill 30 minutes.
- Remove fillets from marinade, discarding marinade. Place fillets, skin side down, on a rack coated with cooking spray in an aluminum foil-lined broiler pan.
- Broil fish 5-1/2 inches from heat 10 to 12 minutes or until fillets flake easily with fork.
- Arrange rice and arugula on a serving platter; top with fillets.
- Whisk together remaining 2 TBS lemon juice and 1 TBS oil; drizzle evenly over fillets. Garnish, if desired.

SERVING INFO: (Serves 4)

1 salmon fillet + 1/2 cup rice + 1 cup greens = 1 P, 1 G, 1/2 V