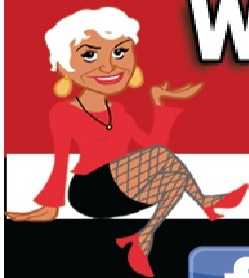


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GRILLED GARLICKY SALMON

Intermediate Lifestyle

Ingredients

- 2 TBS red wine vinegar
- 2 TBS finely chopped fresh basil leaves
- 1 TBS olive oil
- 2 garlic cloves, minced
- 4 salmon steaks or fillets (6 oz. each)

Instructions

1. In a large baking dish, combine vinegar, basil, oil and garlic. Add salmon and turn to coat. Cover and refrigerate at least 15 minutes or up to 2 hours.
2. Coat a grill rack with nonstick spray. Preheat the grill. Grill salmon 10 minutes per inch of thickness, turning halfway through cooking time.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 salmon steak or fillet = 1 P