

Preventing Women's Heart Disease Through Education



CAROL For Heart

Barbecued Salmon

Servings: 4

20 ounces salmon fillets, cut into four pieces

1 tablespoon olive oil

1/4 cup barbecue sauce

1/2 teaspoon salt

1/4 teaspoon ground black pepper

- Preheat oven to 400 degrees.
- Bring a nonstick skillet to medium heat and add the oil.
- Season the salmon with salt and pepper.
- Place salmon in the pan skin side down. Cook until skin is crispy, about 4 minutes.
- Turn fish and cook an additional four minutes.
- Remove fish from pan and place skin side down on a baking sheet.
- Brush fish with barbecue sauce and transfer to oven. Bake until center of fish is cooked, about 5 minutes.
- Remove from oven and let rest two minutes; serve with potato hash.

Per Serving (excluding unknown items): 206 Calories; 9g Fat (38.6% calories from fat); 29g Protein; 2g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 489mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

For more information, visit us at: www.CarolForHeart.org