Broiled Salmon with Rosemary
Serves 4

1 lb salmon, raw
1 Tbsp olive oil
1 tsp lemon juice
2 cloves of garlic, minced
1 tsp dried rosemary
¼ tsp black pepper
¼ tsp salt
3 Tbsp capers, canned & drained

Cut the salmon into 4 equal-sized portions. Combine the olive oil, lemon juice, garlic, and spices in a bowl and brush onto the fish. Coat a shallow baking pan with non-stick cooking spray and arrange the filets evenly. Broil 4-inches from the heat (top of the oven) for 4-6 minutes per ½-inch of thickness. (If the fish is more than 1-inch thick, gently turn it over halfway through broiling).

Top with the drained capers and serve with cooked brown rice, quinoa, or roasted potatoes.

Serving size: 4 ½ oz
250 calories per serving, 23 grams protein, 15 grams fat, 1 gram carbs, <1 grams fiber