

CHILI LIME GRILLED SALMON

NUTRITION FACTS

Servings 4.0| Amount Per Serving: Calories 484

Total Fat 25g, Saturated Fat 7g, Monounsaturated Fat 3g, Total Carbohydrate 21g, Dietary Fiber g, Sugars 18g, Protein 44g,

INGREDIENTS

4 (6-oz.) salmon fillets
Kosher salt
Freshly ground black pepper
4 tbsp. butter
1/2 c. lime juice
1/4 c. honey
2 garlic cloves, minced
2 tbsp. Chopped cilantro

DIRECTIONS

1. Season salmon with salt and pepper. Heat grill and place salmon on grill flesh side down. Cook for 8 minutes then flip and cook on other side until salmon is cooked through, 6 minutes more. Let rest 5 minutes.
2. Meanwhile make sauce: In a medium saucepan over medium heat, add butter, lime juice, honey, and garlic. Stir until butter is melted and all ingredients are combined. Turn off heat and add cilantro.
3. Pour sauce over salmon and serve.



Pair with:

1. 1-2 cups of veggies on the grill
2. Frozen veggies in a bag
3. Or a fresh salad!
4. Pick a starch: 1/2 cup cooked rice, 1 small baked potato, 1 slice of fresh bakery bread, 1/2 corn cobb