

Garlicky Seared Salmon

Right for Tonight™ Healthy Meals



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Prep Time: 5 minutes

Cook Time: 10 minutes

Easy Recipe:

- 4 (4-oz.) salmon fillets
- 1 tbsp. trans fat-free margarine, softened
- 4 to 6 garlic cloves, minced
- 2 tsp. olive oil
- 2 tsp. chopped fresh thyme or 1/2 tsp. dried thyme

Easy Steps:

1. Rinse fillets and pat dry with paper towels. Season to taste with ground black pepper; set aside.
2. In a small bowl combine margarine, garlic, and freshly ground black pepper to taste. Spread evenly on top of each fillet.

3. Heat oil in a large nonstick skillet over medium-high heat. Place fillets skin side down in skillet; cook 4 minutes per side or until crisp and golden. Sprinkle with fresh thyme, and serve.

Serves 4

Per Serving: 240 calories, 1g carbohydrate, 25g protein, 0g fiber, 13g fat, 3g saturated fat, 0g trans fat, 70mg cholesterol, 78mg sodium

Make it a meal with brown rice and sautéed spinach.



Milk with Meals: Serve this meal with an 8-ounce glass of lowfat milk to boost daily nutrition value by 8g protein, 30% calcium, 25% Vitamin D, 11% potassium, 10% Vitamin A and 23% phosphorus.

See a more nutritional picture



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