

Right for Tonight™ Healthy Meals

Salmon with Tomatoes and Chives



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Prep Time: 15 minutes

Cook Time: 10 minutes

Easy Recipe:

- 1 tbsp. **ShoppRite olive oil**
- 1 garlic clove, minced
- ¼ cup **ShoppRite apple juice**
- 1 medium tomato, chopped
- 2 tbsp. chopped fresh chives
or 1 tbsp. dried chives
- 2 tbsp. fresh lemon juice
- 1½ lbs. salmon fillet, about 1-inch thick,
thawed if frozen

Easy Steps:

1. Lightly coat a grill pan or grill rack with nonstick cooking spray. Place grill pan over medium high heat; or preheat grill to medium (300°F to 350°F).

2. Heat oil in a small saucepan over medium heat. Add garlic; cook, stirring, just until tender. Carefully stir in apple juice. Bring to boiling; reduce heat. Simmer, uncovered, 2 to 3 minutes or until liquid is reduced by half. Stir in tomato, chives and lemon juice. Set aside.
3. Rinse fillet; pat dry with paper towels. Cut fillet into 4 serving-size pieces. Grill 10 to 11 minutes or until fish flakes easily with a fork, turning once. Serve with warm tomato mixture.

Serves 4

Per Serving: 244 calories, 4g carbohydrate, 34g protein, 0g fiber, 10g fat, 2g saturated fat, 0g trans fat, 75mg cholesterol, 85mg sodium

Make it a meal: Serve with steamed brown rice and roasted asparagus.



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