

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Lemon Broiled Salmon

An elegant, lighter Christmas Eve main: lemony salmon under the broiler in about 6 minutes.

Makes 4 servings | Serving: 1 fillet | About $1.10 per serving | 10 min

Ingredients

- 4 salmon fillets (3-4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 whole lemon

Method

1. Move the oven rack to the top and heat the broiler to high. Line a baking sheet with foil and spray it.
2. Lay the salmon on the sheet and season with salt and pepper.
3. Squeeze lemon juice over the fillets.
4. Broil 5-6 minutes, until the fish flakes easily and reaches 145°F.

Swaps: Works with other fish fillets. Thaw frozen fish in the fridge first.

Storage: Refrigerate cooked fish up to 3-4 days.

Nutrition Facts

Per serving (1 fillet)

Calories	**170**
Total Fat	7 g
Saturated Fat	1 g
Sodium	200 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars	0 g
Protein	23 g
Calcium	18 mg
Iron	1 mg
Potassium	577 mg

Why it's good for you

- Salmon is one of the best food sources of the omega-3 fats EPA and DHA.[1]
- Fish provides high-quality protein.[2]

[1] NIH Office of Dietary Supplements: Omega-3 Fatty Acids fact sheet, https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/broiled-salmon/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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