

- » 2 tbsp olive oil
- » 2 minced garlic cloves
- » 1/4 cup lime juice
- » 1 tbsp white cooking wine
- » 2 tsp grated lime peel
- » 1 tsp honey
- » 1 tbsp dried dill
- » Nonstick vegetable cooking spray
- » 4, 6-oz (24 oz) salmon fillets
- » 4 cups broccoli florets
- » 1 cup cauliflower florets
- » 1 cup sliced carrots

- » 1 cup long-grain brown rice, cooked according to directions without salt or fat

## Nutritional Content

Per Serving

Calories	488cal	Cholesterol	89mg
Protein	42g	Sodium	180mg
Carbohydrate	49g	Calories from Fat	27%
Fat	15g	Fiber	6g
Saturated Fat	2g		

Preheat grill or broiler to medium heat. In a small saucepan over medium heat, add olive oil and minced garlic. Cook 1 minute and stir in lime juice, cooking wine, grated lime peel, and honey. Remove from heat and stir in dill. Brush salmon with olive oil mixture. Spray grill or broiler pan with nonstick vegetable cooking spray. Grill or broil salmon 3 to 4 minutes per side, basting occasionally and turning, until fish flakes easily when tested with a fork. Meanwhile, steam broccoli, cauliflower, and carrots and serve with hot cooked brown rice. Serves 4.

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