

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

- » 1/4 cup long-grain brown rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	517cal	Cholesterol	89mg
Protein	42g	Sodium	188mg
Carbohydrate	51g	Calories from Fat	30%
Fat	17g	Fiber	6g
Saturated Fat	3g		

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 1.

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