



Eat Well

Grilled Salmon and Asparagus

Directions

Season salmon fillets with lemon pepper, garlic powder and salt. In a small bowl, stir together soy sauce, brown sugar, water and vegetable oil until sugar is dissolved. Place fish in a large re-sealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours. Pre-heat grill to medium heat. Lightly oil grill grate. Place salmon on the preheated grill, discard marinade. Cook salmon for 6-8 minutes per side, or until fish flakes easily with a fork. Serve with grilled asparagus.

Additional Cooking Options:

To cook salmon in the oven, place salmon on a pan and bake at 450 degrees for 12 minutes then broil for 5 minutes.

Directions for Asparagus:

Lightly coat asparagus spears with olive oil and season with salt and pepper to taste. Grill 3-5 minutes or until desired doneness.

To cook Asparagus in the oven, place asparagus on a baking sheet and bake for 10 to 20 minutes at 425 degrees F.

Servings: 6

Nutrition information per serving:

Calories: 371, Fat: 23.6g, Protein: 23g,
Carbohydrates: 17.6g, Sodium: 790mg

Find more Altru dietitian approved
recipes at altru.org/enrich

Ingredients

- » 1½ pounds salmon fillets
- » 1/3 cup low sodium soy sauce
- » 1/3 cup brown sugar
- » 1/3 cup cup water
- » ¼ cup vegetable oil
- » Lemon pepper to taste
- » Garlic powder to taste
- » Salt to taste
- » 1 pound fresh asparagus spears, trimmed
- » 1 Tbsp olive oil
- » Salt and Pepper to taste

Source: Allrecipes.com

