



DINNER

Summer Salmon

Makes 4 servings

serving size = 3.5 ounces of cooked salmon (¼ of the recipe)

Ingredients:

1 lb skinless salmon
4 cups low-sugar/no-sugar added orange juice
1 ½ teaspoons cumin
1 ½ teaspoons chili powder
6 tablespoons brown sugar
½ teaspoon salt

Directions:

Marinate the skinless salmon in orange juice for 1 hour. Mix cumin, salt, chili powder and brown sugar in a small bowl. Take salmon out of juice, place on a baking sheet or baking pan (oven baked) or foil (on the grill) and spread brown sugar mixture evenly over salmon. Bake salmon in oven at 400 degrees F or on a grill for 10-15 minutes or until thoroughly cooked and flaky.

Nutrition information per serving:

Calories: 210
Fat: 8g
Saturated fat: 2.5g
Sodium: 300mg
Protein: 21g
Carbohydrate: 12g
Fiber: 0g

350 calorie meal = 1S, 3P, 2V, 1O, 1F	500 calorie meal = 2S, 4P, 2V, 2O, 1F	600 calorie meal = 3S, 4P, 2V, 2O, 1F
1 serving of salmon (S, PPP, O)	1 serving of salmon (S, PPP, O)	1 serving of salmon (S, PPP, O)
1 cup broccoli (VV)	2 cup leafy greens (VV)	2 cup leafy greens (VV)
1 cup watermelon cubes/balls (F)	1/3 cup rice (S)	2 Tbsp low fat dressing (O)
	1 ounce of low fat cheese or ¼ cup shredded (P)	1 ounce of low fat cheese or ¼ cup shredded (P)
	2 Tbsp low fat dressing (O)	2/3 cup cooked rice (SS)
	1 cup watermelon balls (F)	1 cup watermelon balls (F)