



Recipix

Your food coach



Orange Salmon II

Tailored for Ivan

INGREDIENTS

- 2 (6 ounce) fillets salmon, skin removed
- * 2 1/2 cups orange juice
- * 3 sprigs fresh dill weed

INSTRUCTIONS

Place the salmon fillets in a large skillet over medium heat. Pour orange juice over salmon. Arrange dill sprigs around the salmon. Cook , turning occasionally, 15 minutes, or until fish is easily flaked with a fork. Remove salmon from skillet, and set aside.

Reduce skillet heat to medium-low, and continue cooking the orange juice 10 minutes, or until thickened. Pour over the salmon to serve.

OTHER RECIPES:

Other Recipes:

Recipe 7: Orange Salmon

Recipe 8: Roasted Salmon

Recipe based on the ingredients:

salmon, kimchi, ham, eggs, rice, beans, lentils, broccoli, cabbage, lettuce, mushroom, avocado, grapefruit, cantaloupe, apple