

Mexican-Style Salmon

Ingredients:

- 2 salmon steaks, about 6-8 oz each
- 2 cloves garlic, finely chopped
- 1 Tbsp extra virgin olive oil
- Pinch of ground allspice
- Pinch of ground cinnamon
- Pinch of sugar
- Juice of 1 lime
- 1-2 tsp marinade from canned chipotle chilies
- ¼ tsp ground cumin
- Salt and pepper, to taste

Directions:

1. To make the marinade, finely chop the garlic and place in a bowl with olive oil, allspice, cinnamon, limejuice, chipotle marinade (can also use some chipotle peppers), cumin, and sugar. Add salt and pepper to taste and stir to combine.
2. Coat the salmon with the marinade, then place in a nonmetallic dish. Marinate the fish for at least 1 hour or overnight.
3. Bake in oven at 375°F for 20-25 minutes, or until fish flakes easily with fork.

For Our Program:

Nutrition Information:

Servings = 2

Carbohydrates per serving = 5g