

# Recipe of the Month – April 2019

## Broiled Salmon

Serves 4

Serving Size: 1 salmon filet

Cost per Serving: \$1.10

### Ingredients:

4 salmon filets (3 to 4 ounces each)

¼ teaspoon salt

¼ teaspoon ground black pepper

1 whole lemon



### Directions:

1. Adjust oven rack to highest setting.
2. Preheat broiler to high. Cover a baking sheet with foil and spray with nonstick cooking spray.
3. Place salmon fillets on baking sheet. Sprinkle evenly with salt and ground black pepper.
4. Wash and cut lemon in half. Squeeze juice over the top of the salmon fillets.
5. Broil for 5-6 minutes.

### Tips:

- When using frozen fish, thaw according to package directions.
- This cooking method works with other fish fillets as well.
- Wash hands after touching raw fish.
- Store cooked fish in the refrigerator for up to four days.

**Nutrition Facts per Serving:** 170 Calories, 7g total Fat (1g sat. fat), 60mg. Cholesterol, 200mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Sugar, 23g Protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



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