



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Blushing Baked Salmon\*

#### Recipe Summary:

Preparation/Cook Time: 75 minutes

Number of Servings: 2

Cups of Fruits and Vegetables Per Person: 0

#### Ingredients:

Marinade Ingredients:

Juice of one lime (~1 1/2 Tbsp)

1 1/2 Tbsp honey

1 Tbsp olive oil

Fresh ground pepper

3/4 lb salmon fillet (preferably with the skin on)

#### Directions:

Combine all ingredients for marinade in a measuring cup and mix well. Place fillet skin side down in a dish, pour marinade over fillet and refrigerate, covered, for 30 minutes. Take out of the refrigerator 15 minutes before baking. Bake in a preheated oven at 450 degrees for 15 minutes or until the fish flakes easily with a fork. Note: this dish can also be cooked on the grill using a grill platter. Can be served hot, warm or room temperature.

Serve with a side of roasted potatoes and green beans.

\* From Parade magazine, date unknown.

#### Nutritionist Notes:

Benefits:

- Low in sodium

To decrease calories from fat (currently at about 49%):

- May want to decrease olive oil to 1tsp.
- May want to use skinless salmon

To decrease amount of sugar in recipe:

- May want to decrease honey to 1tsp.