

Citrus Salmon Fillets

Makes: 4 servings



Ingredients

- 1 pound salmon (3-4 fillets), pat dry
- 2 Tbsp. vegetable oil
- 1 red onion (chopped)
- 1 cup baby carrots or sweet potato
- ¼ cup parsley (chopped)
- 1 cup orange juice (divided)
- 1 Tbsp. honey
- Salt and pepper to taste
- 1 orange or lemon, cut into wedges (optional)

Nutritional information for 1 serving

Calories	334
Total fat	19 g
Saturated fat	3 g
Cholesterol	61 mg
Sodium	84 mg
Carbohydrate	17 g
Dietary fiber	2 g
Total sugars	12 g
Added sugars included	4 g
Protein	23 g

Directions

1. Preheat oven to 400 F.
2. In an oven-safe skillet, heat oil on medium-high heat.
3. Add the onion, carrots (or sweet potato), parsley and ½ cup of orange juice. Cook for 5-8 minutes.
4. In a small bowl, mix ½ cup orange juice and honey.
5. In the center of the skillet, add the salmon fillets and season with salt and pepper.
6. Pour the orange juice and honey mixture over the top.
7. Bake the entire skillet in the oven for 16-18 minutes or until the fish is flaky.
8. Garnish with orange or lemon wedges, if using.