



Heart-Healthy Norwegian-Style Oven Roasted Salmon

You need to eat at least two meals per week with fatty fish like salmon. You'll enjoy the benefits of heart-healthy omega 3 fats, as well as vitamin D, which is critical for healthy bones.



INGREDIENTS

1/3 cup of honey
1/4 cup plus 2 tbsp fresh lemon juice
3/4 oz garlic, minced
1/4 tbsp salt
3/4 tsp ground cumin
3/4 tsp paprika
1 tsp ground coriander
1/4 cup plus 2 tbsp white wine
1/4 cup plus 2 tbsp olive oil
3 oz parsley leaves, chopped
Six 3-oz salmon fillets

Servings: 6

PREPARATION

1. Combine honey, lemon juice, garlic, salt, cumin, paprika, coriander, wine, oil, and parsley and mix well. Pour over salmon and marinate overnight in refrigerator.
2. Preheat oven to 325 degrees. Remove fish from marinade and place in baking pan. Discard marinade.
3. Bake salmon for 12 minutes or until golden brown.

NUTRITION

Per serving: 153 calories; 2.3g carbohydrates; 0.1g fiber; 7.7g fat; 17g protein; 79mg sodium; 1.2g saturated fat; 47mg cholesterol; 16mg calcium

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