

BROILED SALMON WITH PEPPERCORN-LIME RUB

Yield: 4 Servings (1 fillet per serving)



TOTAL TIME: 20 minutes

INGREDIENTS

- 4 (6 oz.) salmon fillets (about 3/4-inch thick)
- Cooking spray
- 2 tsp. grated lime rind
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cracked black pepper
- 1 garlic clove (minced)
- Lime wedges (optional)

PREPARATION

1. Preheat broiler.
2. Place fish, skin sides down, on a broiler pan coated with cooking spray. Combine remaining ingredients except lime wedges; sprinkle over fish. Broil 7 min. or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with lime wedges, if desired.

NUTRITION

Per serving: Calories: 318; Fat: 18.5 g (3.7 g saturated fat); Cholesterol: 100 mg; Carbohydrates: 2.2 g; Protein: 34.1 g; Fiber: .6 g; Sodium: 336 mg.

Recipe courtesy of MyRecipes.com