



Asian Salmon

Ingredients

300 grams salmon filet
1 julienned red pepper
1/2 cup sliced snow peas
1/2 sliced onion
2 tbsp olive oil
2 tbsp rice vinegar
2 tbsp low sodium soy sauce
1/2 tbsp brown sugar
1/2 tbsp Splenda
1 tsp minced garlic
3 cups brown rice, cooked

Directions

1. In a bowl, whisk together olive oil, rice vinegar, low sodium soy sauce, brown sugar, Splenda, and minced garlic.
2. Place salmon and sliced vegetables in an oven-safe dish and drizzle with sauce.
3. Place in the fridge for about an hour to allow the sauce to marinate the salmon.
4. Bake salmon at 350 degrees F for about 30 minutes, or until the salmon flakes easily with a fork.
5. While baking, prepare brown rice according to package directions.

Nutrition Facts

Makes 3 Servings
Calories 365
Carbs 51g
Fat 3.5g
Protein 25g