

Lime & Cilantro Salmon

Protein plus healthy fat make salmon the ideal food for hard, lean bodies.



Ingredients

1 tsp. garlic powder
1/4 tsp. salt
1 tsp. black pepper
1 lb. salmon steaks or fillets
1 Tbsp. extra virgin olive oil
1/4 cup lime juice
1/4 cup fresh cilantro

Directions

1 tsp. Splenda or other sugar substitute

Sprinkle garlic powder, salt and pepper on top of salmon steaks or fillets. In a small glass, mix olive oil, lime juice, cilantro and Splenda. Place salmon in a nonstick skillet over medium-high heat and cook 4-5 minutes. Turn and cover with cilantro mixture and cook another 4-5 minutes. Makes three servings. -- By Laura Creavalle

Calories -310 Protein – 30 g Carbs- 2g Fat - 19