



BAKED BBQ SALMON



INGREDIENTS:

Balsamic BBQ

- 1 cup Balsamic vinegar
- 1/2 tsp garlic powder
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Dijon mustard
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1 6oz can tomato paste
- 2 Tbsp brown sugar

Sample Meal

- 1 4 oz Salmon fillet
- 1 Cup Green Beans
- 1/4 Cup Mushrooms

DIRECTIONS:

- 1) Add all BBQ ingredients to a small pot and mix well.
- 2) Heat and mix over low-medium heat until all ingredients are well mixed and sauce thickens slightly.
- 3) Allow the sauce to cool, refrigerate in an air tight container for up to 7 days. Makes 8 servings. 1 serving = 1/4 cup
- 4) Once BBQ sauce is cool, marinate 1 salmon fillet with 1/2 cup BBQ sauce. Marinate for 4-8 hours.
- 5) Place salmon on a baking sheet, top with 1/4 cup BBQ sauce.
- 6) Bake salmon at 375 F for 20-25 minutes or until internal temperature reaches 145 F.
- 7) *Sample Meal:* Serve with 1 cup green beans and 1/4 cup mushrooms

Enjoy!

Makes 1 Meal

Calories: 323 | Protein: 33 gm | Carbs: 34gm | Fat: 10 gm