

# CITRUS SALMON



## INGREDIENTS:

- 8-10 oz fresh salmon
- 1/2 cup lemon juice
- 1 tsp salt

## DIRECTIONS:

1. Salt salmon and set aside
2. Pour lemon juice on iron skillet
3. Heat skillet on medium heat until lemon juice starts to boil
4. Place salmon skin side up on the skillet, cover, and cook for 5-6 minutes
5. Flip salmon, cover, and cook for an additional 5-6 minutes or until internal temperatures reaches 145 F.

Enjoy!

Makes 2 Servings | Serving Size: 4-5 oz Salmon  
Calories: 200 | Protein: 28 g | Carb: 0 g | Fat: 9 g