



Sesame Salmon & Snap Peas



Entire recipe: 275 calories, 15g total fat (2.5g sat fat), 460mg sodium, 10g carbs, 2g fiber, 6.5g sugars, 24.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 15 minutes

Marinate: 15 minutes



Ingredients

2 tbsp. low-fat sesame ginger dressing
1/8 tsp. chopped garlic
Dash ground ginger
One 4-oz. raw skinless salmon fillet
1 cup sugar snap peas
1/2 tsp. sesame seeds

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a wide bowl, mix dressing, garlic, and ginger. Add salmon and flip to coat. Cover and marinate in the fridge for 15 minutes.

Place snap peas onto the center of the foil and top with salmon. Drizzle with remaining marinade, and cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 15 minutes, or until salmon is cooked through and snap peas are tender.

Cut packet to release steam before opening entirely. Sprinkle with sesame seeds and enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.