



Thai Oh My Salmon & Broccoli



1/2 of recipe (1 fillet with about 1 cup broccoli): 288 calories, 9.5g total fat (2.5g sat fat), 756mg sodium, 23g carbs, 3g fiber, 14.5g sugars, 27.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 20 minutes



Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

3 tbsp. sweet Asian chili sauce
1 tbsp. reduced-sodium/lite soy sauce
2 1/2 cups small broccoli florets
Two 4-oz raw skinless salmon fillets
Seasonings: garlic powder, paprika

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 small bowl, combine chili sauce, soy sauce, and 2 tsp. water. Mix until uniform.

Distribute broccoli onto the center of the foil. Top with salmon, and sprinkle with 1/4 tsp. garlic powder and 1/8 tsp. paprika. Drizzle with sauce mixture.

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 20 minutes, or until salmon is cooked through and veggies are tender.

Cut packet to release hot steam before opening entirely.

MAKES 2 SERVINGS

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.