



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

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



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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

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