



## Grilled Citrus Salmon

Makes 2 servings

Use this basic marinade with other fish such as tilapia, cod, halibut or trout. Cooking time will depend on thickness of fillets. This recipe goes well with brown rice, in-season vegetables, or a garden fresh salad.

### Ingredients:

- 2 salmon steaks or fillets
- 1 tablespoon olive oil
- 2 cloves minced garlic
- ½ cup orange juice concentrate
- Juice of ½ lemon
- Juice of ½ lime

Directions: Remember to wash your hands.

1. Sauté garlic in olive oil.
2. Add orange juice concentrate, lemon and lime juice, and stir until heated.
3. Marinate fish in sauce for 1 hour.
4. Grill or broil, basting with sauce. Discard marinade after basting.
5. Cook on grill approximately 6 to 12 minutes per side depending on thickness of fish.

Nutrition information per serving: Calories - 337; Fat - 16 g; Protein - 18.8 g; Sodium - 53 mg.

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