



## Salmon & Mediterranean Vegetables

Makes 4 servings

### Ingredients:

- 4 salmon fillets (about 1 pound)
- 1 tablespoon olive oil
- 2 teaspoons finely chopped grated lemon peel
- ½ teaspoon coarse black pepper
- 2 cloves garlic, finely chopped
- 1 small onion, sliced and separated into rings
- 1 medium zucchini slice (about 2 cups)
- ¼ cup roasted red bell peppers (from a jar), drained and cut into strips
- 2 tablespoons sliced black olives
- ¼ teaspoon dried oregano leaves

Directions: Remember to wash your hands.

1. Heat oven to 375° F.
2. In shallow baking pan, place salmon (skin side down); brush with 1 teaspoon of the olive oil.
3. Sprinkle with 1 teaspoon of the lemon peel and the pepper.
4. Bake uncovered 15 to 25 minutes or until salmon flakes with a fork (internal temperature of 145°)
5. Meanwhile, in a 12-inch nonstick skillet, heat remaining oil over medium heat.
6. Add garlic, onion and zucchini; cook 4 minutes, stirring frequently.
7. Add red peppers, olives, oregano and remaining 1 teaspoon lemon peel; cook for 2 to 3 minutes longer or until vegetables are tender.
8. Serve salmon over vegetables.

Nutrition Facts per serving: Calories – 220; Fat – 10 g; Sodium – 110 mg; Carbohydrate – 6 g

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