

Simple Skillet Salmon

- 1 T Garlic powder
- 1 T Basil, dried
- 4 Salmon fillets, (4 oz ea)
- 1 T Margarine
- 4 Lemon wedges

1. STIR together garlic powder and basil in a small bowl. RUB in equal amounts onto the salmon fillet, flesh only, not the skin.
2. MELT the margarine in a skillet over medium heat.
3. COOK the salmon in the margarine, flesh side down, covered for 4 minutes. FLIP, COVER and COOK again for another 4 minutes until flaky and reaches 145°F.
4. SQUEEZE each lemon wedge over each fillet and SERVE.

Makes 4 servings

Nutrition Information: 200 calories, 10 g fat, 60 mg cholesterol, 55 mg sodium, 2 g carbohydrate, 1 g fiber, 23 g protein



Chickasaw Nation Nutrition Services

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