

BARBEQUE ROASTED SALMON

Ingredients

- ¼ cup pineapple juice
- 2 T fresh lemon juice
- 4 (6 oz.) salmon fillets
- 2 T Splenda brown sugar
- 4 tsp chili powder
- 2 tsp grated lemon rind
- ¾ tsp ground cumin
- ½ tsp salt
- ¼ tsp ground cinnamon
- Cooking spray
- 4 lemon wedges

Directions

1. Combine first 3 ingredients in a zip-top bag
2. Seal and marinate in refrigerator for 1 hour, turning occasionally
3. Preheat oven to 400oF
4. Remove fish from bag, discard marinade
5. Combine artificial sweetener, SF maple syrup, chili powder, grated lemon rind, ground cumin, salt, and cinnamon in a bowl
6. Rub mixture over the fish
7. Place in an 11 x 7 inch baking dish coated with cooking spray
8. Bake at 400oF for 12 minutes (or until fish flakes easily when tested with a fork)
9. Serve with wedge of lemon if desired

Yields 8 (3 oz portions)

Calories: 156 kcal

Fat: 7.4 g

Protein: 17.7 g



RECIPES



*For eating well
after bariatric
surgery*

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