

CREAM CHEESE STUFFED SALMON

Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium

Serves: 1 (Serving = 1 stuffed salmon fillet)

Nutrition (per serving)

Calories: 331

Total Fat: 18 g

Saturated Fat: 7 g

Sodium: 345 mg

Total Carbohydrate: 6 g

Dietary Fiber: 0 g

Protein: 34 g



Ingredients

- Non-stick cooking spray
- 1 - 4 ounce salmon fillet
- ¼ cup reduced fat herbed cream cheese
- 1 Tablespoon onion, chopped
- ¼ teaspoon dried Italian seasoning
- 1/8 teaspoon ground black pepper

Directions

1. Preheat oven to broil. Spray baking sheet with cooking spray.
2. Cut a pocket lengthwise in the middle of the salmon for easy stuffing.
3. Spread cream cheese and onion in pocket.
4. Sprinkle seasonings on top, place on baking sheet and broil for 10 minutes or until light pink in color.