

CAJUN-CITRUS SALMON

Gluten Free, Lower Saturated Fat, Lower Sodium

Serves: 1 filet w/1/2 cup rice

Nutrition (per serving)

Calories: 345

Total Fat: 15 g

Saturated Fat: 2.5 g

Sodium: 310 mg

Total Carbohydrate: 38 g

Dietary Fiber: 2 g

Protein: 17 g

Ingredients

1 cup instant brown rice

1 tbsp olive oil

2 small salmon fillets (8 ounces total)

1 tsp Cajun seasoning (or to taste)

Juice from one large orange

Directions

1. Prepare rice according to package directions.
2. Heat oil in a skillet over medium heat. Season salmon with Cajun seasoning (tip...use less than 1 tsp of seasoning if you prefer to lessen the “spicy” flavor).
3. Place seasoned salmon in skillet, and cook 2-3 minutes on each side, until golden brown.
4. Reduce heat to low, and pour orange juice around the salmon. Continue cooking 5 minutes, or until fish is easily flaked with a fork, turning once.
5. Remove fish from skillet and set aside. Add rice to skillet and stir to combine with the remaining juice.
6. Serve salmon over rice. Serving suggestion: Pair this dish with steamed or sautéed sugar snap peas.