



Norwegian-Style Oven Roasted Salmon

Ingredients

3 oz. Honey
¼ Cup + 2 Tbsp Fresh Lemon Juice
¾ oz. Garlic, Fresh Minced
¼ Tbsp Salt
¾ Tsp Ground Cumin
¾ Tsp Paprika
1 Tsp Ground Coriander
¼ Cup + 2 Tbsp White Wine
¼ Cup + 2 Tbsp Olive Oil
3 oz. Parsley Leaves, Fresh Chopped
1 lb. 2 oz. Salmon Fillet, Raw, 6 - 3 oz. Pieces

Nutrition Facts (per serving)

Calories	153
Fat (g)	7.7
Saturated Fat (g)	1.2
Cholesterol (mg)	47
Sodium (mg)	79
Carbohydrate (g)	2.3
Fiber (g)	0.1
Protein (g)	17
Calcium (mg)	16

Preparation

Combine honey, lemon juice, garlic, salt, cumin, paprika, coriander, wine, oil and parsley for marinade. Mix well.

Pour marinade over fish. Hold overnight in refrigerator at to marinate. Drain and discard excess marinade. Bake in a 325 degree F. standard oven for 12 minutes or until golden brown.

Serves 6

Portion: 1 Fillet

