

Easy Teriyaki Salmon

Ingredients:

- 1 Tablespoon sesame oil
- 1/4 cup lemon juice
- 1/4 cup soy sauce
- 1 teaspoon ground mustard
- 1 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 4 (6oz) salmon steaks/filets

Directions:

1. In a large re-sealable bag combine the first six ingredients.
2. Set aside 1/2 cup of marinade and refrigerate
3. Add salmon to the re-sealable bag and refrigerate 90 minutes. Then drain and discard the marinade.
4. Place the salmon on a broiler pan. Broil 3-4 in. from the heat for 5 minutes. Brush with reserved marinade; turn and broil for 5 minutes or until fish flakes easily with fork. Brush with remaining marinade.

1 serving: 392 calories, 19g fat, 2.6g carbs, .2g fiber, and 38 g protein