

DYSTE'S Recipe Favorites

Barbecue Roasted Salmon

Ingredients:

1/8 cup water + 1/8 cup unsweetened pineapple juice
2 TBSP lemon juice
4 salmon fillets (6-oz each)
1 TBSP Splenda brown sugar blend
4 TBSP chili powder
2 TBSP grated lemon rind
3/4 tsp ground cumin
1/2 tsp salt
1/4 tsp ground cinnamon
Vegetable cooking spray
Thin lemon slices, optional



Directions:

- 1) Combine water-pineapple mixture, lemon juice, and salmon fillets in a zip-top plastic bag, seal and marinate in refrigerator 1 hour, turning occasionally.
- 2) Preheat oven to 400 degrees. Remove fillets from bag and discard marinade.
- 3) In a mixing bowl, combine Splenda, chili powder, lemon rind, cumin, salt, and cinnamon. Rub mixture over fish.
- 4) Place fish in an 11 x 7-inch baking dish coated with cooking spray. Bake at 400 degrees for 12 minutes or until fish flakes easily when tested with a fork.
- 5) Serve with the lemon slices as garnish, if desired.

Serves: 4

Side Dish Ideas:

Complete the meal with parsley rice, a fresh green salad, and sautéed California blend vegetables (broccoli, cauliflower, and carrots)

Recipe from: Grandma Linda at www.articlesbase.com (ArticlesBase SC #571459)



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