

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Roasted Salmon

Ingredients:

- 2 5-ounce pieces of wild Atlantic salmon fillets
- 2 teaspoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped chives
- Optional: 1 tablespoon fresh tarragon leaves

Directions:

1. Preheat oven to 425 F
2. Cover a baking sheet with foil
3. Rub and cover salmon with extra-virgin olive oil and lemon juice
4. Roast salmon for approximately 12 minutes skin side down until fish is cooked through
5. Check if fish flakes easily with fork, if so remove salmon from oven
6. Lift salmon off skin with spatula and place on serving plate
7. Spice salmon with cilantro and other herbs and/or spices as desired

Serving size: 1 piece

Number of servings: 2

Nutrition Per Serving:

Calories	298.1
Total Fat	15.7 g
Cholesterol	100.6 mg
Sodium	79.5 mg
Potassium	913.0 mg
Carbohydrate	1.4 g
Fiber	0.1 g
Sugars	0.4 g
Protein	36.1 g

Submitted By: Employee

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