



Mediterranean Salmon

Instructions:

Spread the garlic and parsley over the salmon.

Add the cooking wine, lemon juice, and salt & pepper.

Preheat oven to 350 and bake for 18 minutes.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

10 minutes

Cook Time:

18 minutes

Ingredients:

5 oz. slice of salmon fillet

2 cloves fresh garlic -
chopped finely

2 TBSP. fresh parsley -
chopped finely

1 tsp. lemon juice

1 TBSP. white cooking wine

salt & pepper to taste