



Citrus Twist Salmon

4 servings

4 salmon fillets (fresh or thawed)

1 orange

4 Tbsp. lemon juice

Lemon pepper to taste

Cut four pieces of aluminum foil big enough to wrap around each fillet twice. Place on cookie sheet. Put one fillet on each piece of aluminum foil. Cut rings of lemon and orange (leave skin on) and arrange three to four pieces on each fillet.

Sprinkle with lemon juice and lemon pepper. Bring the sides of the foil together and fold the seam to seal in the fish. Bake at 400 F for 20 to 25 minutes or until fish flakes with a fork and/or reaches an internal temperature of 145 F. (These also could be prepared on an outdoor grill with the same method.)

Per serving: 180 calories, 7 grams (g) fat, 4 g carbohydrate, 1 g fiber, 50 milligrams (mg) sodium, 27 mg calcium and 289 International Units (IU) vitamin D

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and **Joints**

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