

# Basil Salmon and Julienne Vegetables

## Recipe of the Month August - 2012



Protein packed. Salmon is a super source of lean protein for growth and development of muscles.

**Prep Time:** 15 Min

**Start to Finish:** 25 Min

**Makes:** 4 servings

### INGREDIENTS

- 1 tablespoon canola or olive oil
- 1 bag (1 lb.) frozen bell pepper and onion stir-fry
- 2 medium zucchini, cut into julienne (matchstick) strips
- 4 salmon fillets (4 to 5 oz. each)
- 2 tablespoons chopped fresh basil leaves
- 1/2 teaspoon seasoned salt
- 1 teaspoon lemon-pepper seasoning
- 1/4 cup chicken broth

### DIRECTIONS

1. In 12-inch nonstick skillet, heat oil over medium heat until hot. Add bell pepper stir-fry. Cook and stir 2 minutes. Stir in zucchini.
2. Place salmon, skin side down, in skillet, pushing down into vegetables if necessary. Sprinkle salmon and vegetables with basil, seasoned salt and lemon-pepper seasoning. Pour broth over salmon and vegetables.
3. Cover; cook over medium-low heat 8 to 10 minutes or until salmon flakes easily with fork. Remove salmon and vegetables from skillet with slotted spoon.

**Recipe Provides:** Fats & Oils 1tsp, Meat & Beans 4oz-equivalents, Vegetables 1 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	260	<b>Calories from Fat:</b>	90
<b>Total Fat:</b>	10 g	<b>Saturated Fat:</b>	2 g	<b>Cholesterol:</b>	75 mg
<b>Sodium:</b>	400 mg	<b>Dietary Fiber:</b>	2 g	<b>Total Carbohydrate:</b>	14 g
<b>Sugars:</b>	6 g	<b>Protein:</b>	27 g		



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)