



Broiled Salmon with Red Onion and Rosemary

Prep: 20 minutes

Broil: 11 minutes • Serves: 4

- 4 boneless salmon fillets (about 1½ pounds)
- 2 teaspoons olive oil
- 3 tablespoons fresh lemon juice
- ½ teaspoon fresh cracked black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 2 sprigs rosemary, cut into small sprigs (2 tablespoons) plus additional sprigs for garnish (optional)
- ½ small red onion, thinly sliced (about ½ cup)
- Lemon slices for garnish (optional)

1. Place oven rack 4 to 5 inches from broiler. Preheat broiler to high. Lightly brush both sides of salmon with oil. In 13 x 9-inch baking dish, place salmon, skin side up, and broil 3 to 4 minutes or until skin is lightly browned.

2. With wide spatula, turn salmon. Pour lemon juice over salmon and sprinkle with pepper, garlic powder and salt. Broil salmon 6 minutes. Evenly sprinkle rosemary and red onion over top of salmon; broil 2 to 3 minutes or until salmon is almost opaque throughout and internal temperature reaches 145°. Slip spatula between salmon skin and flesh to remove skin.

3. Serve salmon garnished with rosemary sprigs and lemon slices, if desired.

*Approximate nutritional values per serving:
306 Calories, 15g Fat (2g Saturated), 107mg Cholesterol, 231mg Sodium,
2g Carbohydrates, 0g Fiber, 1g Sugars, 0g Added Sugars, 39g Protein*

Chef Tip

Pair this salmon with steamed new potatoes for a simple, healthy and delicious meal.