



Weight Loss Done Right!

Cilantro and Lime Salmon

Ingredients:

- 2 tbsp. oil of your choice
- 1 lime, juiced and zested
- 2 tbsp. cilantro, coarsely chopped
- ½ jalapeño, coarsely chopped (optional)
- 1 clove garlic, coarsely chopped
- Salt and pepper to taste
- 2 lbs. salmon fillet

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Puree the oil, lime, juice, zest, cilantro, jalapeno and garlic in a food processor until smooth.
3. Place the salmon on foil onto a baking sheet, pat dry, season with salt and pepper, spread on the cilantro and lime mixture and bake until just cooked, about 10-15 minutes.