

Salmon with Herbs

Ingredients:

1 pound, fresh salmon fillets	1 tbsp. fresh squeezed lemon juice
¼ cup fresh oregano, chopped	1 tsp. olive oil
¼ cup fresh parsley, chopped	1/8 tsp. ground black pepper
¼ cup green onions, chopped	4 oz. fat-free cream cheese
1 garlic clove, minced	

Wash the salmon and cut into serving sizes. Set aside. Add herbs, onions, garlic, lemon juice, olive oil and pepper in a small bowl. Mix well. Once mixed, combine this mixture with cream cheese in a food processor (or stir well by hand). Blend until smooth. Score the flesh side of salmon (make 3 shallow diagonal cuts into the meat). Coat the sides of the fish with the herb-cream cheese mixture. Bake for about 15 minutes or until fish flakes.

Nutritional Information:

Total Fat: 13g Calories: 220 Carbs: 3g Fiber: 0g
Protein: 24g Cholesterol: 60mg Sodium: 180mg

