

Heart Healthy Sauteed Salmon

Ingredients

4 each Fresh 5 oz Salmon Portions
Olive Oil
Fresh Lemon Juice
Salt & Pepper
Rosemary

Directions

Rub salmon portions lightly with olive oil. Squeeze juice of 2 lemons over fish. Sprinkle fish with salt, pepper, and crushed rosemary.

Heat olive oil in pan until hot. Place salmon fillets in pan and sauté for 3 minutes. Flip and cook another 3 minutes or until fish flakes easily with a fork.

Great served with a side of spinach and brown rice or a salad.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

