



## Grilled Citrus Salmon

### Ingredients:

- 2 salmon steaks or fillets
- 1 tablespoon olive oil
- 2 cloves minced garlic
- 1/2 cup orange juice concentrate
- Juice of 1/2 lemon
- Juice of 1/2 lime

### Instructions:

- 1) Sauté garlic in olive oil.
- 2) Add orange juice concentrate, lemon and lime juice, and stir until heated.
- 3) Marinate fish in sauce for 1 hour.
- 4) Grill or broil, basting with sauce. Discard marinade after basting.
- 5) Cook on grill, approximately 6 to 12 minutes per side depending on thickness of fish.

**YIELD: 2 servings**

### Variations:

Use this basic marinade with other fish such as tilapia, cod, halibut or trout. Cooking time will depend on thickness of fillets.

### Serving Suggestions:

This recipe goes well with brown rice - and vegetables from farmer's market or a garden fresh salad.

### Nutrition Analysis

Serving Size: 6-oz. fillet	Total Carb: 29.7 g
Calories: 337	Dietary Fiber: < 0 g
Total Fat: 16 g	Sodium: 53 mg
Calories from Fat: 43 %	Protein: 18.8 g
Saturated Fat: 2.8 g	Calcium: 40 mg
Trans Fat: 0.0 g	Iron: 0.65 mg

### Source:

**Cooking Backyard to Back Country:  
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