

# Recipes

Fitness Layne



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## *Coastal Salmon*

*(An adaptation from Cooking Light magazine)*

Serves 4

*Prep Time: 10 mins.*

*Grill Time: 14-18 mins.*

*OR Bake Time: 16-20 mins.*

*Be careful when opening these packages as steam escapes and can burn!*

### **Ingredients**

Make sure you use heavy duty foil.  
4-8x12 sheets alum. foil  
4 thin slices red onion, separated in rings  
4 cups match stick or shredded carrots  
4- 5 oz. salmon fillets  
1 Tbsp. fresh grated ginger  
1 Tbsp. rice vinegar  
4 Tbsps. Cap-Tri  
Mrs. Dash & pepper to taste  
4 cups fresh spinach leaves

### **Directions**

Preheat grill to medium high OR oven to 450°

Center onion & carrots on each sheet of foil. Sprinkle w/ ginger; drizzle w/ vinegar & Cap-Tri. Sprinkle w/ seasonings.

Bring up foil sides. Dbl fold top & ends to seal packet. Repeat with 4 packets.

Grill (or bake on cookie sheet). Serve salmon & vegetables on a bed of spinach.

Sprinkle with additional vinegar if desired.

### **Nutrition Information**

Per Serving: Cal- 414.8; Protein- 32.6; Fat-11.3; Sodium-130;