

MISO MARINATED SALMON FIT

Serving size: 1

Makes 1 servings

- 6 oz Salmon, fresh
- 1/8 tsp Salt
- Cooking Oil Spray
- 1/8 tsp Black Pepper, ground
- 1 ½ TBSP FLIK Miso Ginger Marinade

FLIK Miso Ginger Marinade
(makes 10 fl oz)

- 3 TBSP Mirin (Sweet Rice Wine)
- 1 TBSP White Miso Paste
- 1 TBSP Low Sodium Soy Sauce
- 1 TBSP Sugar
- 3 TBSP Canola Oil
- 3 TBSP Lemon Juice

Preparation:

1. Blend or whisk together ingredients for miso ginger marinade.
2. Toss salmon with miso ginger marinade. Allow to marinate for at least 1 hour.
3. Sprinkle salmon evenly with salt and pepper.
4. Spray pan or grill with cooking oil spray. Sear or grill to desired doneness.

FUNCTIONAL FOODS



NUTRITION FACTS
PER SERVING

calories	290
total fat (g)	20
saturated fat (g)	3
sodium (mg)	375
total carbohydrate (g)	4
dietary fiber (g)	0
added sugar (g)	3
protein (g)	25



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