Dinner

Ginger Lemongrass Grilled Salmon

Skinless sockeye salmon filets soak in a fragrant blend of soy sauce, ginger, lemongrass and chile before hitting the grill for a lightly charred finish.

42 min	160	1 g	0 g
time	calories	carbs	sugars



Nut free

Ingredients, 4 servings

- [ ] 2 tbsp lower sodium soy sauce
- [ ] 1 tbsp olive oil
- [ ] 1 whole small hot chile pepper (Serrano or other, equivalent of 1 tbsp. minced chile pepper)
- [ ] 1 tbsp fresh ginger (grated)
- [ ] 1 tbsp lemongrass (minced, if you can't find lemongrass, sub with 1 tbsp. lime juice)
- [ ] 1 tbsp low-calorie brown sugar substitute
- [ ] 4 whole sockeye salmon filets (4-ounces each, skinless)

Method

- [ ] 1 Prepare an indoor or outdoor grill.
- [ ] 2 Whisk the lower sodium soy sauce, olive oil, grated fresh ginger, minced small hot chile pepper, minced lemongrass and low-calorie brown sugar substitute together in a medium bowl.
- [ ] 3 Set the sockeye salmon filets in a dish, pour the marinade over them and turn so both sides are coated, then chill in the refrigerator for 30 minutes.
- [ ] 4 Lift the sockeye salmon filets out of the marinade and grill them for 4-6 minutes on each side.
- [ ] 5 Discard the leftover marinade.

Nutrition Facts

Per serving

Calories	**160**
Total fat	6 g
Saturated fat	1 g
Sodium	150 mg
Total carbs	1 g
Fiber	0 g
Total sugars	0 g
Protein	26 g

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