

Baked Horseradish Salmon

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Servings: 4

Start to Finish Time: 30 minutes

1 one-pound salmon fillet

1 tablespoon butter, melted

1 tablespoon prepared horseradish, drained

2 teaspoons lemon juice

1/4 teaspoon garlic powder

1/8 teaspoon pepper

Preheat oven to 375 degrees.

Place salmon, skin side down, in an 11x7x2-in baking dish coated with nonstick cooking spray.

In a small bowl, combine the butter, horseradish, lemon juice, garlic powder and pepper.

Spread the mixture over the salmon.

Bake, uncovered, for 20 to 25 minutes or until the fish flakes easily with a fork.

Per Serving (excluding unknown items): 78 Calories; 4g Fat (51.1% calories from fat); 9g Protein; 1g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.