

Sweet Pepper Salmon

Publix Apron's

Servings: 4

Start to Finish Time: 20 minutes

4 (about 1 1/2 pounds) salmon fillets (skin removed)

1/4 cup whole smoked almonds

large zip-top bag

2 teaspoons chili powder

2 teaspoons paprika

1 teaspoon garlic pepper seasoning

nonstick cooking spray

1/4 cup maple syrup

1 tablespoon light soy sauce

Place the almonds in the zip-top bag and crush using a meat mallet or rolling pin until they are the size of coarse breadcrumbs.

Add the chili powder, paprika and garlic pepper. Shake to mix.

Preheat a large saute' pan on medium for 2 to 3 minutes.

Coat the salmon with cooking spray. Place in the zip-top bag. Seal the bag and shake to evenly coat the salmon.

Remove the pan from the heat and coat with cooking spray.

Add the salmon and cook for 3 to 4 minutes on each side or until 145 degrees and the fish flakes easily.

Remove the salmon from the pan.

Add the syrup and soy sauce to the pan. Cook 1 to 2 minutes or until sauce begins to thicken.

Serve the sauce over the salmon.

Per Serving (excluding unknown items): 61 Calories; trace Fat (5.5% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 166mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 1 Other Carbohydrates.