



Teriyaki Salmon

Ingredients

2 tbsp olive oil
3 tbsp soy sauce
3 tbsp sugar-free ketchup
2 tbsp onion soup mix powder
1 tbsp Splenda
1/2 tsp minced garlic
1/8 tsp onion powder
Three 6-oz. salmon steaks

Directions:

1. Combine olive oil, soy sauce, sugar-free ketchup, onion soup mix powder, and Splenda in a bag.
2. Put salmon filets in the bag and then let sit for about an hour to marinate.
3. Remove filets from bag and place on the grill for 4-5 minutes per side.
4. Serve with freshly-steamed vegetables and quinoa or brown rice.

Nutrition Facts

Makes 3 servings
Calories 363
Carbs 5.9 g
Fat 17 g
Protein 46.6 g