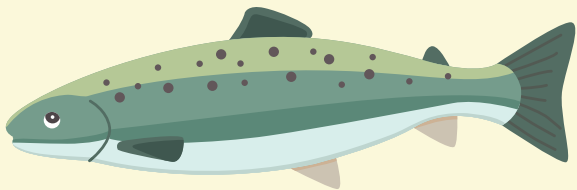


ALL ABOUT LEAN PROTEIN



Seafood, like fish, is not only a good source of protein, but it also provides

our body with Omega-3 fatty acids like DHA and EPA. Research has shown that

Omega-3 fatty acids play important roles in growth and development and may also be heart protective.



MyPlate Recommendation:

Choose seafood as a protein at least twice a week.

EAT BETTER. LIVE BETTER.

LEMON HERB SALMON



METHOD

Thaw fish, if frozen. In a small bowl, mix together oil, lemon juice, parsley, salt and freshly ground black pepper. Pour marinade over fish and let marinate for at least 15–30 minutes.

Cook fish in one of 3 ways:

Bake: Preheat oven to 400°F, remove fish from marinade and place on a sheet pan in a single layer. Cook in oven about 10–15 minutes until cooked through.

Pan sauté: Preheat 1–2 Tbsp oil on medium heat in a non stick sauté pan. Remove fish from marinade and add to pan. Pan sear fish until cooked through, about 3 minutes per side.

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.

Grill: Preheat grill. Grill fish until cooked through, about 3 minutes per side.