

# 4-Ingredient Lemon Salmon

adapted from Robin to the Rescue

## Servings: 4

May be frozen for up to 3 months. Thaw overnight in the refrigerator or in the microwave for 3 to 4 minutes on LOW. Reheat in the microwave for 2 minutes on HIGH.

**1 teaspoon olive oil**

**20 ounces salmon fillets, 4 fillets**

**Club House Lemon & Herbs Seasoning, to taste**

**1/4 cup balsamic vinegar**

Heat the oil in a large skillet over medium high heat. Season both sides of the salmon with salt and lemon pepper. Add the salmon to the hot pan and cook until browned, about 2 minutes per side. Add the vinegar and cook until the fish is just cooked through and fork tender and the liquid has evaporated, about another 2 minutes.

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 177 Calories from Fat: 56

### % Daily Values\*

<b>Total Fat</b> 6g	9%
Saturated Fat 1g	5%
<b>Cholesterol</b> 74mg	25%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber 0g	0%
<b>Protein</b> 28g	
<b>Vitamin A</b>	3%
	0%
<b>Vitamin C</b>	
<b>Calcium</b>	2%
<b>Iron</b>	7%

\*Percent Daily Values are based on a 2000 calorie diet.