

Salmon with Lemon Lime Butter

1/2 tsp grated lemon zest

1/2 tsp grated lime zest

2 tbs room-temp butter

1 1/2 lbs salmon fillet

1/4 tsp salt

1/3 c water

Directions

Stir lemon/lime zests into butter, put mixture onto a piece of plastic wrap and roll to form 1" cylinder. Either refrigerate, or if in a hurry put in freezer to firm while you cook the fish. Put fish in microwave baking dish. Pour in water and sprinkle fish with salt. Cover with plastic wrap and poke several holes in it. Microwave on MEDIUM for 6 min. then flip fish and cook 2 minutes. Top each portion with slices of lemon lime butter and serve.

Nutritional Facts: Serves 4

Cal. 290, Protein 33g, Carb <1g

