

Cilantro Salmon & Peppers

~1 Lean | 3 Green | 3 Condiments

Ingredients

12 oz Salmon (raw)
1 cup Raw Peppers, Green
1 cup Raw Peppers, Red
1 cup Raw Peppers, Yellow
1/4 tsp Salt
1/4 cup Water
1/2 tsp Cumin
10 sprays Non-stick Cooking Spray
1 tbsp Hot Pepper Sauce
1 1/2 cup Cilantro
1 tbsp Lemon or Lime Juice
1/4 teaspoon fresh pepper to taste

Instructions

Marinade: In a food processor, combine cilantro, lemon or lime juice, hot red pepper sauce, cumin, salt, and water; puree until smooth. Transfer marinade to gallon-size resealable plastic bag. Add salmon. Seal bag, squeezing out air; turn to coat salmon.

Refrigerate 1 hour, turning bag occasionally.

After marinating: Preheat oven to 400° F.

Spray medium-sized square baking dish with non-stick cooking spray until lightly covered.

Arrange pepper slices in a single layer in prepared pan; bake 20 minutes, turning pepper slices once.

Drain salmon; discard marinade. Place salmon on top of pepper slices; bake, turning salmon once, 12-14 minutes, or until fish flakes easily when tested with fork.

