

Caesar Salmon Fillets

*Joan Garneau - Ellenton, FL
Taste of Home Prize-Winning Recipes*

Servings: 4

*4 six-ounce salmon fillets
1/2 cup fat-free Caesar salad
dressing
1/4 cup reduced-sodium soy sauce
1 clove garlic, minced*

Place the salmon fillets in a large resealable plastic bag. Add the salad dressing. Seal the bag and turn to coat. Refrigerate for at least two hours.

Drain and discard the marinade.

Coat the grill rack with nonstick cooking spray before starting the grill.

Place the salmon, skin side down, on the grill rack. Grill, covered, over medium heat for 5 minutes.

In a small bowl, combine the soy sauce and garlic. Brush over the salmon.

Grill for 10 to 15 minutes longer or until the fish flakes easily with a fork, basting occasionally.

Per Serving (excluding unknown items): 238 Calories; 6g Fat (23.7% calories from fat); 35g Protein; 8g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 1014mg Sodium. Exchanges: 5 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates.