



## **Broiled Dill Salmon with Wild Rice**

### **Ingredients**

1 lb. wild salmon fillet, cut into 4 pieces  
1 onion, sliced  
1 Tbsp. olive oil  
1 1/2 Tbsp. lemon juice  
1 Tbsp. chopped fresh dill  
1 lemon, cut into wedges  
Salt and pepper to taste  
1 cup wild rice (uncooked)  
4 portions asparagus

### **Directions**

1. Preheat the broiler. Place onion slices on the bottom of a broiler pan and place the salmon on top of the rack, skin-side down.
2. Cook the rice per the package instructions.
3. Mix together the olive oil, lemon juice and dill.
4. Season the fish with salt and pepper and drizzle the olive oil mixture on top.
5. Broil for 12-15 minutes or until the fish is opaque.
6. Serve with lemon wedges over cooked wild rice and a side of steamed asparagus

Makes 4 servings

### **Nutrition Information per Serving**

Calories: 371  
Total fat: 8.5 g.  
Saturated fat: 1.5 g.  
Sodium: 60 mg.  
Carbohydrates: 41 g.  
Protein: 31 g.

Recipe Courtesy of Physician's Fitness Coach ([newwest.physiciansfitnesscoach.com](http://newwest.physiciansfitnesscoach.com))