

Salmon with Rosemary and Basil

1 lb Sockeye Salmon
¼ cup dry white wine
2 Tbsp Lemon Juice
2 tsp olive oil
2 Tbsp fresh rosemary, chopped
2 Tbsp fresh basil, chopped
2 garlic cloves, chopped

Preheat oven to 450°F. Place salmon filet in glass baking dish. Season with salt and pepper. Combine remaining ingredients in small bowl. Pour mixture over salmon evenly. Allow to marinate for 10-20 minutes.

Bake for 15 minutes or until salmon flakes with the touch of a fork. Remove and cut into 4 equal servings.

Serves 4.

Calories 310 **Fat** 16g **Sat Fat** 3g **Carbohydrate** 2g **Dietary Fiber** 0g **Protein** 33g
Sodium 75mg