



HONEY CITRUS SALMON



INGREDIENTS:

- 10 oz raw salmon
- 1 tbsp honey
- 2 tsp paprika
- 1/4 tsp salt
- 2 tbsp lemon juice
- 1/2 tsp lemon zest
- 1 tsp swerve brown sugar replacement

DIRECTIONS:

1. Grab two small bowls or ramekins
 2. Mix 1 tsp paprika, salt, lemon zest, and brown sugar
 3. In the second bowl mix honey, lemon juice, and second tsp of paprika
 4. Spray oil on a pan and heat on medium heat
 5. Pat salmon dry with paper towels and season with brown sugar mixture, pressing gently.
 6. Place salmon skin down on the hot pan, cover and cook for ~10 minutes or until temperature reaches 145 F
 7. Remove salmon from pan and drizzle with honey lemon mixture
- Enjoy!

Makes 2 Servings | Serving Size: 1 Salmon (~4 oz)
Calories: 248 | Protein: 29 g | Carb: 13 g | Fat: 10 g