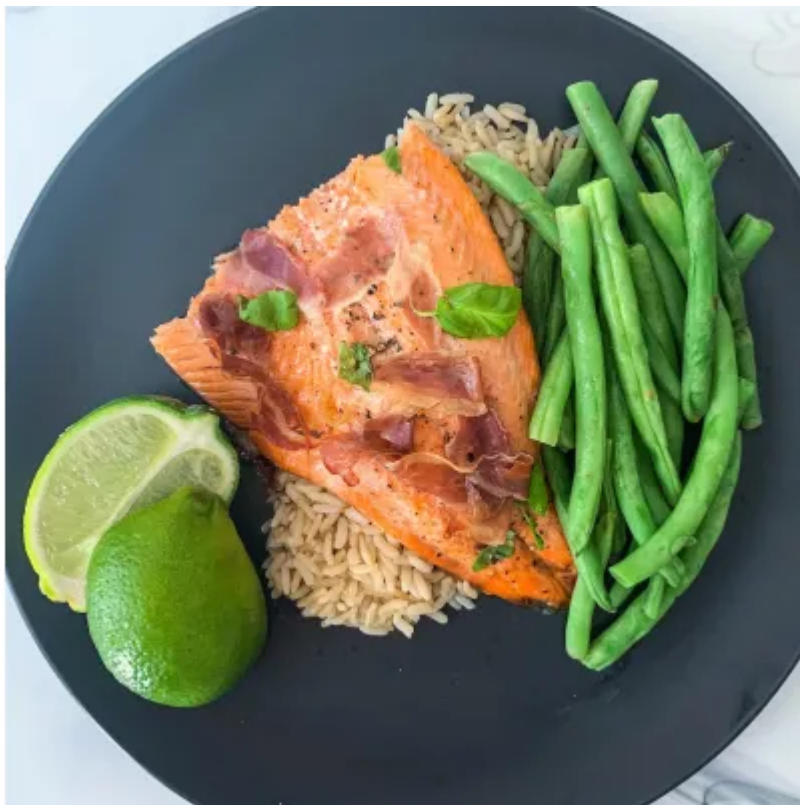


Maple Glazed Salmon with Prosciutto and Lime



Elevate your dining experience with our Maple Glazed Salmon with Prosciutto and Lime recipe. Savor the perfect blend of sweet maple, savory prosciutto, and juicy lime, creating a tantalizing and nutritious delight. A mouthwatering dish that will leave you craving for more!

Preparation 20 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 310

Fat 19

Carbohydrates 7

Fibre 0

Protein 27

Sodium 315

Ingredients

- 450 g (1 lb) salmon fillet
- 30 ml (2 tbsp) olive oil
- 30 ml (2 tbsp) maple syrup
- 30 ml (2 tbsp) or the juice of 1 large lime
- Salt and pepper to taste

- A few fresh basil leaves (optional)

Preparation

1. Preheat the oven to 425°F (220°C).
2. Place the salmon fillet on a baking sheet lined with parchment paper or a silicone mat.
3. In a small bowl, mix the olive oil, maple syrup, lime juice, salt and pepper and brush over the salmon.
4. Cut the prosciutto slices into smaller strips and spread over the salmon.
5. Bake for 15 minutes or until salmon flakes with a fork.
6. Just before serving, garnish with a few fresh basil leaves, if desired. Serve with brown rice and green beans, as suggested.



Katrina Daigle – Nutritionniste Diététiste à Ottawa
Registered Dietitian Nutritionist Ottawa