

# Sesame Salmon



## Ingredients

- 4 salmon fillets, about 170 grams each, skinned
- Salt & freshly ground black pepper
- 1 tablespoon sesame oil
- 1/4 cup white sesame seeds

## Instructions

1. Season the salmon with salt and pepper.
2. Rub both sides with a little sesame oil and then coat with sesame seeds.
3. Heat the remaining oil in a large non stick frypan, over moderate heat.
4. Place the salmon fillets in the frypan and cook without moving them until the bottoms are browned and the bottom half of the fillets are opaque, about 5 minutes.
5. Turn the fillets and cook, without moving them, until the flesh is opaque and firm to the touch, about more 5 minutes.
6. Serve immediately.

Makes 8 servings. Serving size = 85 grams.

Per serving: 188 calories, 18 grams protein, <1 gram carbohydrate, 12 grams fat, .5 grams fiber

Serve with 1/2 cup cooked vegetable and 1/2 small sweet potato to round out the meal.

Use leftover sesame salmon in salads and omelettes.

Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.