



Healthy Eating & Weight Loss

Pan Seared Salmon with Tomato Relish

- 2 salmon fillets (6 oz each)
- 2 tomatoes seeded and chopped
- 1/4 cup chopped fresh basil
- 1 small garlic clove, minced
- 1 tbsp balsamic vinegar
- 1 tsp olive oil

Combine tomatoes, basil, garlic, vinegar, and salt and pepper to taste.

Heat oil in a non-stick pan over medium heat. Add salmon and salt and pepper. Cook salmon until opaque.

Transfer salmon to serving plate and add the tomato mixture to the skillet. Increase heat to high and cook until warmed through. Spoon the tomato relish over salmon and serve. Makes 2 servings.

350 calories, 33g protein per serving

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