

SOUTHWESTERN SALMON

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1 1/2 C fresh cilantro leaves
1 TBS fresh Lime juice
1/2 tsp ground cumin
1/4 tsp salt
Dash hot red pepper sauce
1/2 - 1/4 lb salmon steak
1 yellow bell pepper, seeded/sliced
1 red bell pepper, seeded/sliced

DIRECTIONS:

In food processor, combine cilantro, lime juice, cumin, salt, pepper sauce & 1/4 C cold water - pureè - transfer to gallon-sized sealable plastic bag - add salmon. Seal bag, squeezing out any air - turn to coat salmon. Refrigerate 1 hour, turning bag occasionally.

Preheat oven to 400° F - spray 9": square baking dish with non-stick cooking spray. Arrange peppers in single layer in pan. Bake 20 minutes, turning once.

Drain salmon - discard marinade. Place salmon atop peppers - bake till fish is just opaque in center (5-6 minutes per side).

Makes 2 servings

(per serving: 236 calories; 12g total fat; 3g saturated fat; 75mg cholesterol; 198mg sodium, 7g total carbohydrates; 1g dietary fiber; 24g protein; 43mg calcium - WW points per serving: 6)