



Balsamic Honey Salmon 'n Veggies



Entire recipe: 332 calories, 9.5g total fat (2.5g sat. fat), 379mg sodium, 35.5g carbs, 3.5g fiber, 30g sugars, 26g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

3 tbsp. balsamic vinegar
1 tbsp. honey
1 cup red bell pepper cut into 1-inch chunks
1 cup sugar snap peas
One 4-oz. raw skinless salmon filet

Seasonings

1/8 tsp. each salt and black pepper

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a medium bowl, whisk vinegar with honey until uniform.

Lay veggies on the center of the foil. Season salmon with salt and black pepper, and place over the veggies. Drizzle with vinegar mixture.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 20 minutes, or until fish is cooked through and veggies are tender.

Cut packet to release steam before opening entirely.

MAKES 1 SERVING

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