



Seasoned Salmon

Info:

Makes 4 Servings 200 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 ½ lbs Salmon (4 6oz steaks)
- ❖ McCormick's GrillMates Salmon Seasoning
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 400°
2. Lightly coat baking sheet with cooking spray
3. Sprinkle seasoning liberally on both sides of salmon
4. Bake 9 minutes, enjoy!