

Taste of Home



Lemon-Lime Salmon with Veggie Saute

🕒 Total Time Prep/Total Time: 30 Min.

Yield 6 Servings



👍 Test Kitchen Approved

A fresh squeeze of lemon juice brightens so many flavors—acid is one of the most important influencers in how a dish tastes. If one acid is good, two is stronger: Add lemon and lime juice when you bake salmon, cooking the supporting cast of vegetables separately until crisp-tender. — Brian Hill, West Hollywood, California

Ingredients

- 6 salmon fillets (4 ounces each)
- 1/2 cup lemon juice
- 1/2 cup lime juice
- 1 teaspoon seafood seasoning
- 1/4 teaspoon salt
- 2 medium sweet red peppers, sliced
- 2 medium sweet yellow peppers, sliced

- 1 large red onion, halved and sliced
- 2 teaspoons olive oil
- 1 package (10 ounces) frozen corn, thawed
- 2 cups baby portobello mushrooms, halved
- 2 cups cut fresh asparagus (1-inch pieces)
- 2 tablespoons minced fresh tarragon or 2 teaspoons dried tarragon

Directions

- 1 Place salmon in a 13x9-in. baking dish; add lemon and lime juices. Sprinkle with seafood seasoning and salt. Bake, uncovered, at 425° until fish flakes easily with a fork, 10-15 minutes.
- 2 Meanwhile, in a large skillet coated with cooking spray, saute peppers and onion in oil for 3 minutes. Add the corn, mushrooms and asparagus; cook and stir just until vegetables reach desired doneness, 3-4 minutes longer. Stir in tarragon. Serve with salmon.

Nutrition Facts

1 fillet with 1-1/4 cups vegetables: 329 calories, 15g fat (3g saturated fat), 67mg cholesterol, 283mg sodium, 25g carbohydrate (7g sugars, 4g fiber), 27g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1-1/2 fat.

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RECIPE CREATOR

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