

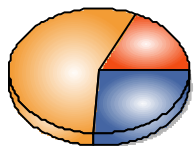


Moroccan Salmon and Peppers w/ Barley

By: Created by DrJez LLC

Recipe grams: 1356.00g/47.8oz

Serves 2 678.00g/23.9oz per serving



Protein: 27%

Carbohydrates: 52%

Fat: 22%

INGREDIENTS

1/4 cup PARSLEY, RAW
 1 tsp OLIVE OIL, CALIFORNIA, EXTRA VIRGIN
 1 lemon-yield LEMON JUICE, RAW
 1 tsp LEMON JUICE
 1/4 tsp GINGER, GROUND
 1/2 tsp GARLIC POWDER
 1/4 tsp PEPPER, RED OR CAYENNE
 1/4 tsp CUMIN, GROUND
 1 dash PEPPER, BLACK, GROUND
 10 oz SALMON, ATLANTIC, WILD, RAW
 1 fruit LEMON, RAW W/PEEL
 1 large GREEN PEPPER, SWEET, RAW (BELL)
 1 large RED PEPPER, SWEET, RAW
 1 pepper YELLOW PEPPER, SWEET, RAW
 1 plum-tomato TOMATO, RED, RIPE, RAW
 2 cups BARLEY, PEARLED, COOKED

DIRECTIONS

Preheat oven to 400 degrees.

Combine olive oil and juice from 1/2 of lemon along with spices in a large bowl. Add salmon, turning to coat. Allow to marinate while preparing peppers.

Slice peppers into strips. Slice remaining lemon half into slices. Slice tomato.

Remove salmon from marinade and place in a baking pan coated with cooking spray.

Combine vegetables in the remaining marinade and arrange in an even layer over salmon.

Cover and bake for ~ 15-20 minutes until salmon is done. Do not overcook. Salmon should flake with a fork, but not be mushy.

Serve with 1 cup barley drizzled with baking juices.

Nutrition Facts

Serving Size: 1 serving (678.0g)

Servings: 1

Amount Per Serving

Calories 510 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 80mg **25%**

Sodium 80mg **4%**

Total Carbohydrate 69g **25%**

Dietary Fiber 13g **50%**

Sugars 7g

Protein 36g

Vitamin A 80% • Vitamin C 770%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.