



Broiled Salmon Pocket Sandwich

Recipe Courtesy Chef Bryan Woolley

4 Four-ounce salmon fillets
1 tbsp extra virgin olive oil
1 tbsp dry dill
1 tsp brown sugar
Juice from one lemon
1 cup spinach
4 slices Swiss cheese
4 whole wheat pita pockets
Salt and freshly ground pepper

1. Place salmon on a baking sheet. Drizzle with olive oil and sprinkle with dill and brown sugar. Salt and pepper to taste and place under the broiler until done. Should be about 4-5 minutes depending on your broiler.
2. Remove salmon from broiler and squeeze lemon juice over salmon. Allow to cool for about 10 minutes.
3. Line pita pockets with spinach and place a slice of Swiss cheese in each pita pocket.
4. Place broiled salmon fillet into pita pocket. Serve with a fresh fruit salad.

Nutrition Facts

Serving Size: One salmon pita w/ spinach and cheese

Calories	466
Total Fat	19g
Saturated Fat	4g
Cholesterol	76mg
Sodium	584mg
Carbohydrate	39g
Dietary Fiber	5g
Protein	37g

Diabetic Exchanges

Protein	5
Fat	4
Carbohydrate	3

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