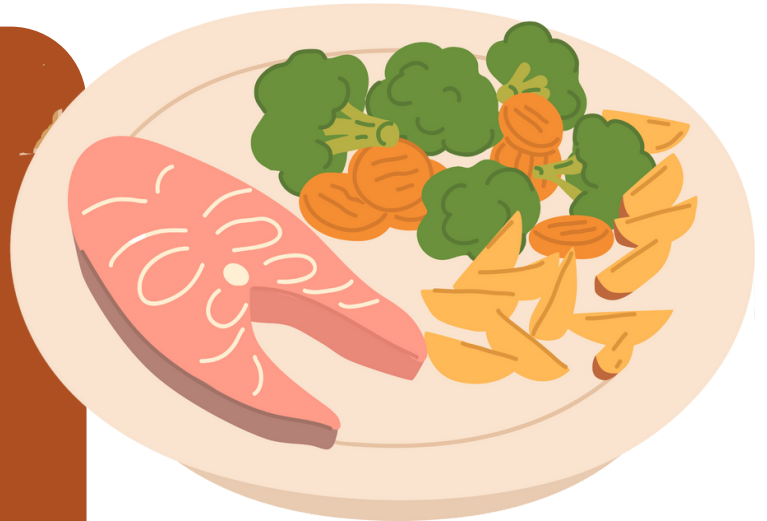


Salmon with Veggies

Ingredients

- 1 Lemon
- 3 cloves Garlic, minced
- 1 tsp Black Pepper
- 1 Zucchini
- 1 Onion
- 1 Bell Pepper
- 4 skinless Salmon Filets
- 2 tsp Avocado Oil or Olive Oil



Directions

- Preheat oven to 400°F.
- Combine lemon juice, garlic, pepper, and any other desired herbs or spices in a small bowl. Set aside.
- Chop zucchini, onion, and bell pepper into slices.
- Pour 1/4 of lemon juice mixture over each salmon fillet. Top with 1/2 tsp olive oil.
- Place salmon filets and veggies on a greased or lined baking sheet and bake in oven for 20 minutes. Makes 4 servings.

Salmon and Diabetes

Salmon can help increase your HDL which is great for people with diabetes. It's also high in vitamins D, B-12, and B-6, and is a good source of magnesium, niacin, omega-3 fatty acids, and selenium.