Grilled Salmon

1 1/2 pounds salmon fillets
Lemon pepper, to taste
Garlic powder, to taste
1/3 cup low-sodium soy sauce
1/3 cup brown sugar
1/3 cup water
1/4 cup canola oil

1. Season salmon fillets with lemon pepper, garlic powder, and salt.

2. In a small bowl, stir together soy sauce, brown sugar, water, and canola oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture; seal and turn to coat. Refrigerate for at least 2 hours.

3. Preheat grill for medium heat.

4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

per serving
Calories: 318; Total Carbohydrates: 13.2g; Total Fat: 20.1g; Sodium: 798mg; Protein: 20.5g

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