



## Spicy BBQ Salmon & Veggies



Entire recipe: 303 calories, 12g total fat (2.5g sat. fat), 616mg sodium, 22.5g carbs, 4g fiber, 13g sugars, 26.5g protein

**Prep:** 10 minutes **Cook:** 20 minutes

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### Ingredients

2 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving  
1 tsp. Sriracha sauce  
1 cup broccoli florets  
1/2 cup chopped yellow squash  
1/2 cup chopped zucchini  
One 4-oz. raw skinless salmon fillet

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a small bowl, mix BBQ sauce with Sriracha sauce until uniform.

Lay veggies on the center of the foil. Top with salmon and drizzle with sauce mixture. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 20 minutes, or until veggies are tender and fish is cooked through.

Allow packet to cool for a few minutes, and then cut to release steam before opening it entirely. (Careful -- steam will be hot.) Eat up!

#### MAKES 1 SERVING

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