

BODY BOOSTERS

How do you stave off the big bad flu from those you care about? Boost your health with Vitamin C-rich salmon and citrus fruits and berries with these lip-smacking recipes by Wong Yuefen, dietitian, National Healthcare Group Polyclinics.

Citrus Broiled Salmon

Serves 4

Ingredients:

- 2 oranges
- 4 salmon fillets (approx 125g each)
- 1 teaspoon lemon juice
- ¼ cup chopped green onions
- 1 teaspoon cracked black pepper

Method:

1. Pre-heat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into ¼-inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.
3. Place the fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through.
4. Sprinkle with lemon juice. Arrange orange rounds on top. Sprinkle with green onions and cracked black pepper. Broil for another 1 minute.

Nutrition Information (Per Serving)

Energy:	168 kcal
Protein:	21.6 g
Total fat:	3.9 g
Saturated fat:	0.9 g (23.0% of total fat)
Cholesterol:	48 mg
Carbohydrate:	11.6 g
*Carbohydrate exchange:	0.8 exchange

