

Food for the Body, Food for the Soul

Family Favorite Recipes from the St. Lad's Faith Community

*Our Dear Heavenly Father, we thank You for this food.
Feed our souls on the bread of life and
help us to do our part in kind words and loving deeds.
We ask in Jesus' name. Amen.*

Broiled Salmon Fillet

From the kitchen of Deb Cabal

I like to serve this with brown rice, salad, and my favorite veggie.

Wash salmon and dry with paper towels. Sprinkle with fresh lemon juice and a little salt. Brush with a mixture of

- 1 T. olive oil
- 1 T. bourbon or amaretto
- 1 tsp. Honey

Broil on high for 8-10 minutes depending on how thick the fillet is. Over one inch thick go with 10 minutes.