

Healthy Baked Salmon

Ingredients

- 4 salmon fillets about 6 ounces each
- 2 tablespoons olive oil
- 1/2 teaspoon salt or to taste
- 1/4 teaspoon cracked black pepper just a pinch if using finely ground black pepper
- 2 teaspoons minced garlic
- 1 teaspoon Italian herb seasoning blend
- 1 medium lemon



Instructions:

- Preheat oven to 400 degrees and grease a large baking pan.
- Arrange salmon fillets on the baking sheet and season with salt and pepper.
- Stir together olive oil, garlic, herbs, and juice of 1/2 lemon.
- Spoon over salmon fillets being sure to rub all over the tops and sides of the salmon so it has no dry spots. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon.
- Bake for 15-18 minutes until salmon is opaque and flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired.
- Garnish with fresh thyme or parsley if desired and serve.

Nutrition Information

4 Servings

Estimated per serving: 329 calories, 35gm protein & 41gm fat