



Baked Salmon

Servings: 4

Ingredients

- 4 6-ounce salmon fillets
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 2 garlic cloves, minced
- 1 teaspoon of dried Italian seasoning (or substitute with your favorite dried herb, such as dill, basil, oregano or thyme)
- 1 lemon

Instructions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper. Lightly brush the parchment with olive oil.
2. Arrange salmon fillets on the baking sheet, and lightly pat dry the top of the fillets with a paper towel (this makes the fish flakier), then season with salt and pepper.
3. In a small bowl, stir together olive oil, minced garlic, dried herbs and the juice of 1/2 lemon.
4. Brush or spoon the olive oil mixture over the top and sides of the salmon.
5. Thinly slice the rest of the lemon, and put a slice of lemon on top of each piece of salmon.
6. Bake until the internal temperature of the salmon reaches 145 degrees F. This will take about 4 to 6 minutes per half inch of thickness (measure by the thickest part of the filet). The salmon should be opaque and flaky.
7. Remove slice of lemon, and enjoy alongside your favorite green salad, roasted vegetables or whole grains.

