

Simple Oven Roasted Salmon



This quick, foolproof preparation method for omega-3 rich salmon yields tender, moist fillets and serves as a blank canvas for your favorite sauces and side dishes.

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 lb	Salmon, cut into 4 - 4oz. fillets, skin removed or skin on (see Chef's Notes)
2 tsp	Olive Oil
¼ tsp	Kosher Salt
To Taste	Black Pepper, freshly cracked
1 each	Lemon, cut into wedges

CHEF'S NOTES

This recipe works well with both skin on salmon and fillets that already have the skin removed because it's a fairly gentle cooking method. Salmon is a fatty fish and the heart healthy fats also help it to stay moist and juicy during cooking.

Try adding your favorite salt-free seasoning like Creole or Lemon Pepper to this dish for an extra flavor boost.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F and line a sheet tray with parchment paper or foil.
2. Place salmon fillets on the prepared sheet tray skin-side down and drizzle with the olive oil. Rub the fillets evenly on all sides with the oil, making sure that each piece has a little oil underneath.
3. Sprinkle the salt and pepper evenly over the fillets.
4. Place the salmon in the preheated oven and bake until the fish is opaque, flakes easily with a fork and reaches an internal temperature of 145°F in the thickest part of the fillet, about 15-20 minutes.
5. Remove the skin, if needed, and serve with a wedge of lemon for squeezing.

Nutrition Facts

4 servings per container

Serving size 4 oz fillet (128g)

Amount Per Serving

Calories 260

% Daily Value*

Total Fat 18g 23%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 190mg 8%

Total Carbohydrate <1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 23g 46%

Vitamin D 12.5mcg 60%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 420mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: SALMON



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