

BEYOND HUNGER

Rosemary and Garlic Baked Salmon

The combination of rosemary, lemon, and oil in this dish provides a light, flavorful balance to omega-3-rich salmon. This recipe is simple and can be made any season of the year. Enjoy!

Yields: 4

Serving Size: 3 oz of salmon with sauce

Ingredients:

- 12 oz **salmon filet**
- 1 **lemon**, halved
- 1 Tbsp **olive oil**
- 2 Tbsp **fresh rosemary**, chopped
- 1 Tbsp **fresh garlic**, minced
- ½ tsp **salt**
- ½ tsp **pepper**

Instructions:

1. Preheat oven to 425°.
2. Spray a baking sheet with nonstick cooking spray or lightly coat it with olive oil. Place salmon on the baking sheet, skin side down.
3. Juice ½ of the lemon into a small mixing bowl. To the juice add olive oil, rosemary, garlic, salt, and pepper. Whisk to combine.
4. Cut the other ½ of the lemon into thin slices.
5. Spread lemon mixture over salmon and 12-15 minutes until the color is opaque (and internal temperature reaches 145 degrees). Do not overcook.
6. Remove salmon from oven, top with lemon slices, and serve while warm.

Per Serving: Calories 160 kcal, Fat 9 g, Sodium 280 mg, Protein 17 g, Sugar 1 g

This recipe was adapted from heb.com .