

Baked Lemon & Herb Salmon

Yields 4 servings



Ingredients

- 2 tablespoon fresh parsley, chopped
- 2 tablespoon fresh oregano, chopped
- 2 large garlic cloves, minced
- ½ tablespoon Dijon mustard
- ⅛ cup olive oil
- 2 tablespoons lemon juice, freshly squeezed (about 1 whole lemon)
- Salt and pepper to taste
- 4 salmon fillets, with similar thickness
- Lemon slices to garnish

Directions

1. Preheat oven to 350°F. Line a rimmed baking sheet with aluminum foil or parchment paper*.
2. In a small bowl, whisk together the herbs, garlic, mustard, olive oil and lemon juice. Add salt and pepper to taste.
3. Place the salmon fillets, skin side down on the prepared baking sheet. Evenly divide the sauce on top of the fillets and spread to coat. Garnish with the lemon slices.
4. Bake the salmon for 8-10 minutes, until thoroughly cooked.

Notes

*Do not skip this step. It will save you from hours of scrubbing!