



heart healthy • low sodium •
kid-friendly • low carb • weight
loss • easy prep

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Recipe by Lauren Auditore



Baked Salmon

INGREDIENTS	INSTRUCTIONS
• 4 (6-ounce) salmon fillets • 2 tablespoons butter, melted • 1/2 tablespoon lemon juice, plus lemon slices for garnish • 3 garlic cloves, minced • Salt and pepper • 1 teaspoon finely chopped parsley • 1 teaspoon finely chopped dill	1. Preheat your oven to 375F/190C and let the salmon come to room temperature for 15 minutes 2. Mix together melted butter and lemon juice 3. Place salmon in baking dish and brush butter over butter mix 4. Place in oven and cook for ~12-13 min for regular sized salmon, or until internal temperature is 125-130° F

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