



Lemon-Herb Baked Salmon

Mediterranean • High-Protein • Omega-3 Rich



Ingredients:

- 2 salmon fillets (6 oz each), skin-on or skinless
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 tablespoon fresh parsley, chopped (for garnish)
- Lemon wedges (for serving)



Instructions:

1. Preheat oven to 400°F (200°C). Line a baking tray with parchment paper.
2. In a small bowl, whisk together olive oil, lemon juice, zest, garlic, oregano, salt, and pepper.
3. Place salmon fillets on the tray and brush generously with the mixture.
4. Bake for 12–15 minutes or until salmon flakes easily with a fork.
5. Garnish with parsley and serve with lemon wedges.



Serving Suggestions:

Pair with quinoa, roasted vegetables, or a Mediterranean cucumber salad.

Nutritional Highlights (per fillet):

- **Calories:** 320
- **Protein:** 30g
- **Omega-3s:** 1,900 mg
- **Vitamin D:** 70% DV
- **Heart-Healthy Fats:** Olive oil + salmon combo

