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Here's a very easy and super healthy meal that you can make in a snap. Salmon is sold quite inexpensively at places like Costco. Buy a large fillet and freeze half of it. You will find capers in small bottles with brine. They are really inexpensive and truly delicious! Serve it with bay potatoes and a steamed veggie or a salad.

You will need:

2 pounds Atlantic fillet salmon

12 sprigs dill

2 TBS capers, drained

1 large lemon, juiced

1 tsp. lemon zest

Salt & Pepper

- Preheat the oven to 375 degrees.
- Rinse and pat dry the salmon. Place the fish in a lightly sprayed oven proof dish, skin side down.
- Cover the fish with the lemon juice and season with salt and pepper. Evenly sprinkle the lemon zest on top. Cover the zest with dill and capers.
- Place dish in the oven and bake for about 20 minutes, until fish is cooked through.
- Serve and enjoy!

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