



Salmon in the Oven

Serves three

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375 grams of ¾ pound of salmon fillet with skin

½ a tsp. of salt

½ a tsp. of pepper

2 dabs unsalted butter

Fresh dill weed

Lemon

Heat oven to 350 degrees F (175C) and rinse and pat dry the fish.

Place the fish in an oven proof dish and season with salt and pepper. Place the dabs of butter on both extremes of your fish and top with the dill.

Place the pan in the oven and bake for about 17 minutes or until the fish is cooked through. Do not overcook it. Check it after 15 minutes and keep a close eye on it after that.

Remove from oven and place in a plate. Remove the dill and squeeze lemon on the fillet. Cut into three parts and serve.

CALORIES 211.56; FAT 10.78 grs (sat 2.85; mono 3.29; poly 3.27); PROTEIN 26.13 grs ; FIBER 0.11 grs; CARBS 1.22 grs; CHOLESTEROL 75.52 mg; IRON 2.11 mg; SODIUM 451.76 mg; CALCIUM 131.49 mg