

SUMMER ROASTED SALMON

INGREDIENTS

4 x 6-oz salmon fillets, fresh from a reliable source if possible
2 tsp/ 30 ml best-quality olive oil
Sea salt and fresh black pepper
Juice of one lemon
1 bunch fresh green onions, trimmed
¼ cup/ 60 ml combined fresh chopped parsley, rosemary, thyme, chives

PREPARATION

1. Preheat oven to 450 F/ 232 C.
2. Prepare a baking dish with a light coating of cooking spray or olive oil. Place salmon fillets in the baking dish skin side down. Brush a coating of the olive oil onto the salmon. Sprinkle each fillet with some sea salt and black pepper. Squeeze the juice of the lemon over the salmon. Lay the green onions on top.
3. Roast the fillets in the oven for about 10 minutes. Remove from heat. Remove the wilted green onions. Dust each fillet with a generous helping of the chopped herbs. Serve hot.

NUTRITIONAL VALUE PER SERVING 4 servings

*Calories: 200/Calories from fat: 59/Protein: 78g/Carbs: 1g/Dietary Fiber: 0.5g/Sugars: 0.5g/Fat: 6g/
Sodium: 109mg*