

MAKE A GREAT PLATE.

Fresh herbs and lemon zest brighten the flavor of baked fish.

Baked Salmon with Lemony Herbs

INGREDIENTS

- ½ cup fresh **cilantro** or **parsley**, chopped
- ½ cup fresh **basil**, chopped
- Zest from one **lemon**; save lemon slices for garnish
- 1 tbsp **extra-virgin olive oil**
- Pinch **salt**
- Four fillets **skinless salmon** (20 oz.)

DIRECTIONS

Preheat oven to 400°F. **In** small bowl, combine cilantro, basil, lemon zest, olive oil and salt to form a paste. **Place** salmon in roasting dish and coat with herb paste. **Bake** 10 minutes per inch of thickness (15–20 minutes). **Top** with lemon slices and serve.

Makes 4 Servings. Each: 288 calories | 27g protein | 18g total fat | 0g carbohydrate | 0g sugar | 0g fiber | 110mg sodium

