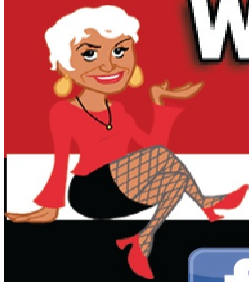


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BAKED CITRUS-HERB SALMON

Intermediate Lifestyle

Ingredients

cooking spray
1 (3-1/2 lb.) Salmon fillet
1 TSP sea salt
½ TSP grated lemon rind
1 TBS grated orange rind
10 fresh chives
4 thyme sprigs
4 oregano sprigs
4 tarragon sprigs
10 (1/8-inch thick) slices lemon (about 1 lemon)

Instructions

1. Preheat oven to 450°.
2. Line a shallow roasting pan with foil; coat foil with cooking spray.
3. Sprinkle salmon with salt and pepper. Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon horizontally across fish. Arrange lemon slices on top of herbs.
4. Place fish on prepared pan. Cover with foil; seal. Bake at 450° for 30 minutes or until fish flakes easily when tested with a fork. Serve warm or at room temperature.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 5 oz. fish = 1 P