

## Baked Citrus Salmon



### Ingredients:

- 8 oz. salmon
- 1 lemon (half thinly sliced, half juiced)
- ½ orange thinly sliced
- 2-4 basil or dill leaves
- 1-2 tsp extra-virgin olive oil
- Paprika
- Garlic powder
- Salt and pepper to taste
- Aluminum foil

### Directions:

1. Preheat your oven to 400°F
2. Lay out a rectangular piece of aluminum foil and leave enough room so that you will be able to wrap it up into a package.
3. Rinse and dry lemon and oranges thoroughly.
4. Cut the lemon in half. Slice one half into 5-6 thin slices, and lay three onto the center of the aluminum foil.
5. Slice the orange into 3 thin slices and place it on the lemon slices.
6. Place the salmon piece on top of the citrus fruit slices.
7. Next lightly drizzle a small amount of extra virgin olive oil over the top, squeeze ½ lemon juice, and season with salt, pepper, garlic powder and paprika.
8. Place 2-4 pieces of basil or dill on top of the salmon and layer 3 lemon slices over the herbs.
9. Place your packaged salmon onto the baking pan and bake for 15 minutes for medium or longer for well done.
10. Remove the salmon, and unwrap the aluminum foil let cool and enjoy.

### Nutrition Information:

Serving size\*: 2-3 oz. (cooked salmon)

Calories per serving: 120

Total protein per serving :12g

Servings per recipe: 3-4

Total fat per serving: 7g

Total carbohydrates per serving: 5g

### Nutritional Benefits:

Salmon is high in omega 3 fatty acids which is an anti-inflammatory agent. Salmon is also a good source of Vitamin B12 which helps maintain normal brain function.

Recipe adapted from *What's Cooking Good Looking*, (n.d.). Perfectly baked Salmon

Retrieved from <http://www.yummly.com/recipe/external/Perfectly-Baked-Salmon-1492009>

Photo Provided by Livestrong. (2015). How to bake salmon in the oven with foil. Retrieved from <http://www.livestrong.com/article/431859-how-to-bake-salmon-in-the-oven-with-foil/>

\*Serving size that is suggested for post-operative bariatric patients