

# Easy Baked Salmon



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*It's your health. Take a stand.*

**Makes 4 Servings**

## What You Need

450g Salmon fillet  
Fresh lemon wedges  
Salt (optional)  
Pepper (optional)

*Salmon is a great source of healthy Omega 3 fats for your heart!*

*To complete the meal, pair the salmon with our **Dilled Lemony Rice** recipe and any vegetable!*

## Per Serving

206 calories  
9.2g fat  
0g carbohydrate  
29g protein  
0g fiber

## How You Prepare

1. Preheat oven to 400 degrees F.
2. Loosely wrap the salmon in tin foil.
3. Place wrapped salmon on cooking sheet.
4. Bake for approximately 10-15 minutes, until centre is no longer darker pink.
5. Top with freshly squeezed lemon wedges, salt and pepper.
6. Serve immediately