



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Basic Salmon

Ingredients

4 6 oz salmon fillets
3 tablespoons fresh dill, chopped
1½ teaspoons salt
½ teaspoon pepper
1 lemon, sliced into 8 pieces

Directions

1. Pre-heat oven to 400 degrees.
2. Pat salmon fillets dry. Sprinkle with salt and pepper on the non-skin side. Rub chopped dill all over the top of the salmon
3. Cover a roasting pan with foil and put salmon on it.
4. Bake for 10 - 12 minutes.
5. Squeeze one lemon slice over the fish and place another on the plate.

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