



Oven-Roasted Salmon

Salmon is so rich that a small portion is completely satisfying. We're teaching you to cook it slowly so that it keeps its velvety texture instead of drying out.

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 50 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Aluminum foil or parchment paper
- Large rimmed baking sheet
- Pot holders
- Fork

INGREDIENTS

- 4 (4-ounce) salmon fillets (or a different fish if you prefer)
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 lemon, quartered



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Take the salmon out of the refrigerator 20 minutes before you want to cook it so that it will be ready to start really cooking instead of just losing its chill when it goes into the oven.
3. Turn the oven on and set the heat to 275 degrees. Line a rimmed baking sheet with parchment paper or aluminum foil.
4. Put the salmon fillets, skin side down, on the baking sheet. Sprinkle with the salt and pepper.
5. Once the oven temperature has reached 275 degrees, put the salmon in the oven and bake 20 minutes. It will be hard to tell that it's done because it will be the same color inside as it was when you started! If you want to be sure, break off a piece with a fork and taste it. Serve right away with the lemon wedges and one of the toppings, if you like.

OPTIONAL TOPPINGS

- 1 teaspoon pesto
- 1 tablespoon plain yogurt
- 1 tablespoon chopped herbs
- 1 teaspoon low sodium soy sauce

If you want to get fancy, you can create a bed of thinly sliced orange, lemon, lime, or grapefruit, or thinly sliced onions and cook the salmon on top of it.

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