

Lemon Dill Baked Salmon

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/4 lbs Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	234	Iron	1mg
Fat	12g	Vitamin D	0IU
Carbs	1g	Folate	38µg
Fiber	0g	Magnesium	42mg
Protein	28g	Zinc	1mg
Vitamin C	5mg		

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C).
- 02 Line a baking sheet with aluminum foil and place the salmon in the middle.
- 03 In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
- 04 Remove the salmon from the oven, serve and enjoy!

NOTES

RECIPE ID 630

LIKES IT CRISPY

Broil for 1 to 2 minutes after baking to make it crispy.

NO GHEE

Use butter, avocado oil or coconut oil instead.