



Simple Salmon

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

251.2 calories, 3.28 g carbohydrate, 1.1 g fiber, 2.18 g NET carbs, 33.74 g protein, 10.72 g fat

Ingredients

- 1/2 tsp(s) sea salt
- 1 whole organic lemon, sliced into wedges
- 1 whole organic shallot, minced
- 36 ounce(s) wild salmon fillets
- 1/2 tsp(s) freshly ground black pepper
- 1 ounce dry white wine

Preparation

1. Preheat oven to 425°F.
2. Coat an oven safe baking dish (preferably with a lid) with cooking spray.
3. Place salmon, skin-side down, in the prepared pan. Drizzle with wine. Season with salt and pepper, then sprinkle with shallots.
4. Cover with lid (or foil) and bake until opaque in the center and starting to flake, 8 to 12 minutes, depending on thickness and desired doneness.
5. When the salmon is ready, transfer to dinner plates. Spoon any liquid remaining in the pan over the salmon and serve with lemon wedges.

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