



## Baked Citrus-Herb Salmon

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

### Nutrition Information Per Serving

241.4 calories, 1.85 g carbohydrate, 0.75 g fiber, 1.1 g NET carbs, 33.28 g protein, 10.63 g fat

#### Ingredients

- 10 tsp(s) chopped fresh organic chives
- 1 tsp sea salt
- 2 Tbsp(s) organic lemon zest
- 1 whole organic lemon, sliced thin
- 4 sprig(s) thyme sprigs
- 1/2 tsp(s) freshly ground black pepper
- 3 pound(s) wild salmon fillet
- 2 tsp(s) fresh oregano, chopped
- 4 Tbsp(s) fresh tarragon sprigs
- 3 tsp(s) organic orange zest

#### Preparation

1. Preheat oven to 450 degrees F.
2. Oil the bottom of a glass baking dish. Sprinkle salmon with salt and pepper.
3. Combine zests; spread over fish. Arrange herbs horizontally across fish.
4. Arrange lemon slices on top of herbs. Place fish in prepared pan.
5. Cover with lid. Bake at 450°; for 15 minutes or to desired temperature.
6. Serve.

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