

## EASY BAKED SALMON WITH LEMON-GARLIC BUTTER

### Ingredients

4 tbsp. nsalted butter melted  
2 cloves fresh garlic diced  
Handful of fresh parsley finely chopped  
Salt and pepper to taste

3 tbsp. freshly squeezed lemon juice  
4 Salmon fillets any size or weight will work for this recipe

### Directions

- Preheat your oven to 400F (200°C) and line a baking tray with tin foil.
- Clean the salmon and remove any visible bones.
- In a small bowl, mix together the melted butter, garlic, lemon juice, salt and pepper until well mixed.
- Add the salmon fillets to the baking tray, skin down, and then brush with the garlic butter mixture until completely covered.
- Bake for 12 - 18 minutes depending on the thickness of the salmon fillets (15 minutes will be a good guess 95% of the time). There is no need to flip the fish over during the baking.
- Remove from the oven, brush with another layer of garlic butter and drizzle over some fresh lemon juice. Serve with some fresh parsley and your choice of a side dish.

Source: [diabetesstrong.com](http://diabetesstrong.com)

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