

Parchment Baked Salmon



INGREDIENTS:

4 salmon fillets (about 6 oz each)
Salt and pepper to taste
2 lemons, thinly sliced
4 sprigs of fresh dill (optional)
2 tablespoons olive oil
4 cloves garlic, minced
1 teaspoon paprika
1 teaspoon dried parsley
Parchment paper

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Cut four large pieces of parchment paper, big enough to wrap each salmon fillet with some extra space.
3. Place a salmon fillet on each piece of parchment paper. Season each fillet with salt and pepper to taste.
4. Arrange lemon slices on top of each salmon fillet, placing them evenly. Place a sprig of fresh dill on top of each fillet if using.
5. In a small bowl, mix together olive oil, minced garlic, paprika, and dried parsley.
6. Drizzle the olive oil mixture evenly over each salmon fillet.
7. Carefully fold the parchment paper over the salmon, folding the edges tightly to seal the packet completely.
8. Place the parchment packets on a baking sheet and bake in the preheated oven for about 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork.
9. Carefully open the parchment packets (watch out for steam), and transfer the salmon fillets to serving plates.
10. Serve hot with your favorite side dishes, such as rice, quinoa, or roasted vegetables. Enjoy your delicious parchment-baked salmon!



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