

Lemon-Herb Roasted Salmon

Servings: 4 @ 5 points, 7 points plus

Ingredients:

cooking spray

1 1/2 pounds salmon fillets, four 6-oz pieces about 1-inch-thick

1/8 tsp table salt, or to taste

1/8 tsp black pepper, coarsely ground, or to taste

1/4 cup fresh lemon juice, divided

1 1/2 Tbsp sugar

1 Tbsp parsley, fresh, chopped (plus extra for garnish, if desired)

1 Tbsp thyme, fresh, chopped (plus extra for garnish, if desired)

1 tsp lemon zest, finely grated (plus extra for garnish, if desired)

1 tsp minced garlic

1 tsp fresh oregano

Instructions: Preheat oven to 400°F. Coat a small, shallow baking dish with cooking spray. Season both sides of salmon with salt and pepper; place salmon in prepared baking dish and drizzle with 2 tablespoons of lemon juice. In a small bowl, whisk together remaining 2 tablespoons of lemon juice, sugar, parsley, thyme, lemon zest, garlic and oregano; whisk until sugar dissolves and set aside. Roast salmon until almost done, about 13 minutes; remove from oven and top with lemon-herb mixture. Return to oven and roast until salmon is fork-tender, about 2 minutes more. Garnish with fresh chopped herbs and grated zest, if desired.



- Calories: 268
 - Total Fat: 11.8 g
 - Cholesterol: 101.9 mg
 - Sodium: 231.8 mg
 - Total Carbs: 3.5 g
 - Dietary Fiber: 0.4 g
 - Protein: 36.8 g
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