

LiveBetter with MedWatch

Baked Salmon with Fresh Herb Salsa

Ingredients

- 2 lbs. salmon fillets, boneless, skinless, cut into 8 4-ounce fillets
- ½ cup olive oil
- 4 large garlic cloves
- ¼ cup fresh squeezed lemon juice
- 1 cup mixed fresh herbs, trimmed, roughly chopped (best mix – ¼ basil, ¼ cilantro, ¼ dill, ¼ green onions)
- 1 teaspoon chili flakes
- coarse salt and coarse black pepper to taste

Preparation

1. Place oil and lemon juice in food processor or blender.
2. Add herbs and garlic and chop roughly for a few seconds until all the herbs blend into the liquids, but remain chunky.
3. Add the chili flakes and blend for three more seconds.
4. Let sit for 15 minutes.
5. Preheat oven to 325.
6. Strain or spoon some of the liquid out. Rub on the fish fillets.
7. Sprinkle salt and pepper on the fish and bake for about 12-15 minutes, or until fish begins to firm and its sides start to flake.
8. Place fish on the plate and cover with herb mixture.



Nutrition Analysis

Per serving: 352 calories, 25 g protein, 0 g carbohydrates, 27 g fat, 72 mg cholesterol, 70 mg sodium



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