

# Lemon Dill Baked Salmon

7 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat the oven to 375°F (191°C).
2. Line a baking sheet with aluminum foil and place the salmon in the middle.
3. In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
4. Remove the salmon from the oven and serve with mixed greens. Enjoy!

## Notes

### No Foil

Use parchment paper instead.

### Likes it Crispy

Broil for 1 to 2 minutes after baking to make it crispy.

### Leftovers

Keep well in the fridge for 2 to 3 days.

### No Ghee

Use butter, avocado oil or coconut oil instead.

## Ingredients

- 1 1/4 lbs Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 4 cups Mixed Greens

## Nutrition

Amount per serving

<b>Calories</b>	240	<b>Sodium</b>	245mg
<b>Fat</b>	12g	<b>Vitamin A</b>	79IU
<b>Carbs</b>	2g	<b>Vitamin C</b>	9mg
<b>Fiber</b>	0g	<b>Calcium</b>	41mg
<b>Sugar</b>	0g	<b>Iron</b>	2mg
<b>Protein</b>	29g	<b>Vitamin D</b>	0IU
<b>Cholesterol</b>	85mg	<b>Magnesium</b>	42mg

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