

Roasted Salmon

4 Servings • 1 Serving = 1 Fillet



INGREDIENTS

- Extra virgin olive oil, as needed
- 4 (3-4 ounce) salmon fillets
- 1/8 teaspoon salt
- Freshly ground black pepper, to taste
- 4 lemon wedges

DIRECTIONS

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper or aluminum foil. Spread a little olive oil on the sheet.
3. Using a paper towel, pat the salmon dry. Then, lay the salmon on the baking sheet, skin side down. Season with salt and pepper and bake for 8-10 minutes or until fish is cooked. The salmon should easily flake off with a fork when done.
4. Remove from heat, let sit 2 minutes, and then serve with lemon wedges.

Nutrition Facts

4 servings per container
Serving size 4 ounces

Amount per serving
Calories 270

% Daily Value*

Total Fat 19g 24%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 140mg 6%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 12mcg 60%

Calcium 11mg 0%

Iron 0mg 0%

Potassium 413mg 8%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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