

FUN FOOD FRIDAY: ROASTED SALMON



End the week by learning new culinary skills and exploring new flavors in the kitchen with our Fun Food Friday recipes. This week's recipe is Roasted Salmon.

Ingredients:

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

Directions:

- Preheat oven to 400°F.
- Line a baking sheet with parchment paper or aluminum foil. Spread a little olive oil on the sheet.
- 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.
- Remove from heat, let sit for 2 minutes, and then serve with lemon wedges.

