

Zucchini Bread Recipes

15-Minute Easy Oven Baked Salmon

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Salmon & Seasoning

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] ½ tsp cracked black pepper
- [ ] 1 lemon, zest and juice
- [ ] 2 tbsp fresh dill, chopped

Optional Glaze

- [ ] 1 tbsp honey
- [ ] ½ tsp Dijon mustard

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with foil.



2. Pat the salmon fillets dry, then rub each with olive oil, salt, and pepper.



3. Place the fillets skin-side down, scatter lemon zest over them, and drizzle lemon juice.



4. Bake for 12-15 minutes, until the flesh flakes easily and the edges turn lightly golden.



5 If using the glaze, whisk honey and Dijon together, then brush over the salmon during the last 2 minutes of baking.



6 Remove from oven, sprinkle fresh dill, let rest 3 minutes, then serve.



Nutrition per serving

360 kcal	38 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier top, switch the oven to broil for the final minute.
- A pinch of smoked paprika can add a subtle depth without altering the health profile.
- For a low-sodium version, reduce the added salt and use a splash of low-sodium broth.