

Zucchini Bread Recipes

Honey Baked Salmon – A Quick Healthy Delight

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp honey
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 tsp olive oil
- [ ] 1 clove garlic, minced
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh dill or parsley, chopped for garnish

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.



2. In a small bowl, whisk honey, lemon juice, olive oil, garlic, salt and pepper.



3. Place salmon fillets skin-side down on the sheet and brush generously with the glaze.



4. Bake for 12-15 minutes, or until the flesh flakes easily and the glaze is golden. cajun honey adds a spicy twist if you like.



5 Remove from oven, drizzle any remaining glaze, sprinkle fresh herbs, and serve.



Nutrition per serving

350 kcal	32 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze darkens too fast, tent the salmon with foil.
- Let the salmon rest a couple of minutes before plating.
- For extra crispness, broil for 1-2 minutes at the end.