

# SIMPLE BAKED SALMON WITH HERBS (GF)

Serves 2

## Ingredients:

2 4-oz salmon filets

Juice of 1 lemon

1/4 cilantro, minced

1/4 C flat leaf parsley, minced

salt and pepper

red pepper flakes

Serve with an arugula salad or roasted carrots tossed with olive oil, salt, pepper and garlic powder



## Directions

1. Preheat the oven to 400 and line a baking sheet with tin foil.
2. Season the salmon filets with salt and pepper, then lay on the baking sheet and bake for 15-20 minutes, or until the salmon has cooked through.
3. While the salmon cooks, prepare the sauce. In a bowl, combine the lemon juice, a pinch of red pepper flakes, 1/2 tsp pepper, 1 tsp salt and the minced herbs. Add more salt to taste.
4. To serve salmon, spoon the lemon herb sauce over each filet and serve immediately. Store any leftover sauce in the fridge for 2-3 days.