

Alaska

Baked Salmon with Herbs and Lemon

Featured Food: Salmon

Makes: 4 servings

Ingredients

- 16 ounces salmon, fresh or frozen
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ? teaspoon black pepper
- ? teaspoon dried oregano
- ? teaspoon dried thyme
- 1 tablespoon lemon juice
- 1 ½ tablespoons butter, melted



Directions

1. If using frozen fish, thaw in refrigerator according to package directions.
2. Preheat oven to 350°F.
3. Separate (or cut) fish into 4 pieces. Place fish in a baking pan.
4. Combine paprika, garlic and onion powders, black pepper, oregano, and thyme in a small bowl.
5. Sprinkle herb mixture and lemon juice evenly over the fish. Then drizzle melted butter on top.
6. Bake until fish flakes easily with a fork, for about 20-25 minutes.

Recipe from: *Spicy Baked Fish, Pumpkin Post and Banana Beat Newsletters*, University of Massachusetts Extension, Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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