

Baked Salmon with Rosemary Herb Rub

While salmon is cooking, steam vegetables and prepare whole wheat couscous for a dinner ready to serve in 30 minutes!

- 1 1/2 to 2 pounds fresh salmon
- olive oil spray
- 1 to 2 fresh rosemary leaves, chopped
- 2 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- 1 teaspoon freshly ground black pepper
- 1 teaspoon kosher salt

Heat oven to 450 degrees F. Spray a large baking sheet with cooking spray. Place salmon on baking sheet, skin side down. Combine rub ingredients in a small bowl. Spread rub evenly on top of salmon. Bake salmon about 15 minutes, or until the color turns from translucent to opaque and fish just begins to flake with a fork. Do not overcook. Cut fillets into portions, just down to the skin. Lift fish from skin with a spatula, remove to a plate. Serve immediately.

Servings: 8

Yield: makes 6 to 8 servings

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 1/2 to 2 pounds fresh salmon	1.50 x 1 lb of Finfish, salmon, coho, wild, raw
olive oil spray	4 x 1 second spray of Cooking spray, vegetable oil
1 to 2 fresh rosemary leaves, chopped	1 x 1 tablespoon of Rosemary, fresh
2 tablespoons olive oil	2 x 1 tablespoon of Oil, olive, salad or cooking
2 teaspoons fresh lemon juice	2 x 1 teaspoon of Lemon juice, raw
1 teaspoon freshly ground black pepper	1 x 1 teaspoon of Spices, pepper, black
1 teaspoon kosher salt	1 x 1 teaspoon of Salt, kosher

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