

Baked Citrus-Herb Salmon Filets

Serves 10 (serving size: about 4 ounces salmon)

Remove any bones from the salmon. Delicious served hot or at room temperature. It will feed a crowd, and you can toss the leftovers with pasta or salad.

- 2 tablespoons extra virgin olive oil or olive oil cooking spray
- 1 (3 – 3 ½ -pound) salmon fillet
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons grated lemon rind
- 1 tablespoon grated orange rind
- 10 fresh chives
- 4 thyme sprigs
- 4 oregano sprigs
- 4 tarragon sprigs
- 1 lemon (sliced lengthwise into 10 portions.)

Supplies: Roasting pan; aluminum foil; hand grater.

Preheat oven to 450°.

Line a shallow roasting pan with foil; coat foil with olive oil or olive oil cooking spray.

Place fish in prepared pan. Sprinkle salmon with salt and pepper. Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon across fish. Arrange lemon slices on top of herbs.

Cover with foil; seal. Bake at 450° for 30 minutes or until fish flakes easily when tested with a fork. Serve warm or at room temperature.



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