

Recipe:

BROILED SALMON W/ GARLIC BUTTER SAUCE

Date:

Total Servings	Diet Type
8 - 10	 GENERAL  GLUTEN-FREE <input type="radio"/> VEGAN  KETO  OTHERS - See below

Ingredients

Wild salmon fillets - 8 pcs

Fresh lemons or any citrus fruit - 2 pcs. sliced

Butter - 1 stick (½ cup)

Fresh Garlic - 2-3 cloves chopped

Rosemary (fresh or dry) for seasoning

Dill Weed (fresh or dry) for seasoning

Salt and Pepper to taste

Preparations & Cooking

1. Remove the scales of the salmon, if any. Rub salt and pepper on the fillets. Marinate for 15 minutes.

2. Gather the rest of the ingredients. Preheat the oven to a 'broil' setting for 5 minutes.

3. Combine the garlic and butter and warm it slightly in the microwave or stovetop.

4. Place all the salmon fillets on the baking sheet with the fillet side up.

5. Spread the rosemary and dill over the salmon.

6. Brush or pour the garlic butter sauce generously over the salmon.

7. Place the sliced lemons or any citrus fruit on top of the salmon.

8. Broil the salmon for 10-12 minutes.

Also best for the following diets:

*Low-Carb, *Anti-inflammatory, *Atkins, *DASH, *Diabetic, *Paleo, *Mind diet, *Nordic, *South beach

Total Cost:

Prep Time:

Cook Time:

15 minutes

10-15 minutes