

Lemon Herb Salmon

Author: Brenna, Certified H.H.P. from Optimized Health Team

Servings: 2

Prep & Cook Time: About 15 minutes

Ingredients:

- 6 oz Wild Caught Alaskan Salmon
- 1/2 teaspoon Organic Rosemary, dried
- 1/2 teaspoon Organic Thyme, dried
- 1/2 teaspoon Organic Oregano, dried
- 1 Organic lemon, rinsed
- 1/2 teaspoon Organic Black Pepper
- 1/4+ teaspoon Pink Himalayan Sea Salt
- 1 Tablespoon Organic Coconut Oil (hexane free), melted

Instructions:

1. Rinse salmon in fresh water, pat dry with a paper towel and set aside.
2. In a large skillet or baking dish, add melted coconut oil.
3. Place salmon with the skin on the bottom of the pan. Squeeze the fresh lemon juice over the salmon and add the spices to the salmon until well coated.
4. Bake at 425 degrees F. for 10 minutes. Then open the oven and carefully spoon some of the lemon sauce over the salmon to keep it moist. Bake an additional 5+ minutes or until salmon flakes easily with a fork.
5. Serve immediately!