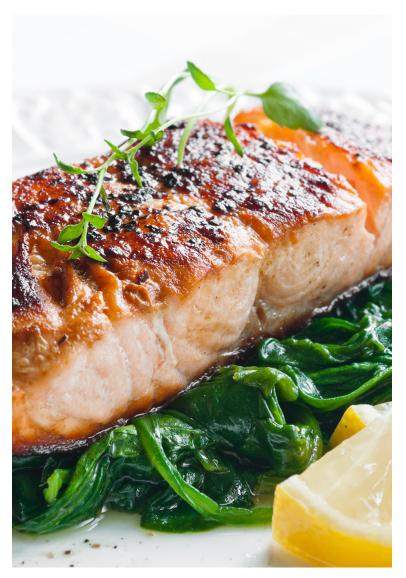


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7-Seasoning Baked Salmon Filets

Makes 2 servings. Recipe from aarp.org.

Ingredients

2 salmon fillets, skin and bones removed

2 teaspoons dried parsley

1 tablespoon ground paprika

1/4 teaspoon chili powder

1/4 teaspoon onion powder

1/4 teaspoon kosher salt

1/4 teaspoon cracked black pepper

1/4 teaspoon dried thyme

2 teaspoons extra-virgin olive oil

Nutritional info

Calories	289	
Total Fat	16.2g	21%
Saturated Fat	2.3g	12%
Cholesterol	78mg	26%
Sodium	375mg	16%
Dietary Fiber	1.6g	6%
Total Sugars	0.5g	
Protein	35.2g	
Calcium	76mg	6%
Iron	2mg	13%
Potassium	785mg	17%

Directions

- 1. Preheat oven to 350°F.
- 2. Place all dry ingredients into a mixing bowl.
- 3. Add 1 teaspoon of olive oil to the bowl of dry ingredients and mix well with your hand, whisk or spoon.
- 4. Rub mixture over salmon.
- 5. Line a half sheet tray or baking sheet with foil and use the last teaspoon of olive oil to coat the foil.
- 6. Place salmon on dish and bake for 13 minutes, or until it reaches preferred doneness.
- 7. Serve over steamed spinach. Garnish with lemon wedges.