



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.