

Easy Weeknight Dinner



Lemon Butter Salmon

Serves: 1 | Serving Size: 1 plate

Ingredients:

3.5-ounce salmon fillet, thawed
1 lemon
1 tsp butter
Black pepper, to taste
Pinch of fleur de sel or table salt
Paprika
1 tablespoon Panko breadcrumbs
1 cup peas
1 sweet potato

Directions:

Preheat your oven to 350 degrees Fahrenheit.

Place the salmon fillet in a baking dish alongside the lemon. Sprinkle black pepper, paprika, salt, and bread crumbs over the salmon.

Cut the butter into small bits and place them on the top of the salmon too.

Put the dish in the oven and bake for 15 minutes. Turn the heat up to 390 and cook until the salmon reaches an internal temperature of 145 degrees.

Meanwhile, microwave the sweet potato for 4 minutes and then add it to the oven.

Place the peas in a shallow bowl, cover it with foil, and then bake them in the oven along with the fish.

When everything is cooked through, remove the dishes from the oven, halve the lemon and squeeze its juice over the fish. Arrange the sweet potato and peas next to the salmon on the plate and serve hot.

Nutrition Information:

Serves 1. Each serving contains 734 calories, 23 g fat, 5 g saturated fat, 0 g trans fat, 173 mg cholesterol, 240 mg sodium, 58 g carbohydrate, 13 g dietary fiber, 19 g sugar, and 71 g protein. Each serving also has 468% DV vitamin A, 106% DV vitamin C, 14% DV calcium, and 33% DV iron.

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