



Easy Baked Salmon with Lemon Dill Sauce

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An easy to make weeknight meal with healthy, fresh and bright flavor.

Course

Dinner, easy dinner

Cuisine

dinner, salmon, seafood

Prep Time 10 minutes

Cook Time 15 minutes

Resting Time 10 minutes

Servings 4 people

Calories 334kcal

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Ingredients

- 4 6 oz salmon filets (we like Costco salmon)
- 1 tbsp olive oil
- salt and pepper to taste
- lemon wedges for garnish if desired

Lemon Dill Sauce

- 1/3 cup greek yogurt
- 2 tbsp mayonnaise
- 1.5 tbsp dill (chopped if using fresh) (we use freeze dried but fresh works well too)
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp granulated garlic
- salt and pepepr to taste

Instructions

1. Preheat oven to 400 degrees farenheit.
2. Place salmon on a foil lined baking tray. Drizzle top with olive oil, salt and pepper. Bake for 12-16 minutes depending on the thickness of salmon filet. Once internal temperature reaches about 135 degrees, remove from oven and let rest until 145 degrees internally (the safe cooking point of salmon).
3. While salmon is baking, mix together dill sauce ingredients. Set aside.
4. Once salmon is cooked to your liking, spoon dill sauce on top. Garnish with lemon wedge if desired and serve.

Notes

For perfectly baked salmon, bake it for 12-16 minutes at 400 degrees.

The best way to guarantee perfect, flakey salmon is take it out when it is about 135 degrees, and it will finish cooking on the counter until it reaches an internal temperature of 145 degrees farenheit at the thickest portion (the safe temperature of fish).

Nutrition

Serving: 6oz | Calories: 334kcal | Carbohydrates: 2g | Protein: 36g | Fat: 20g | Saturated Fat: 3g | Trans Fat: 1g | Cholesterol: 97mg | Sodium: 125mg | Potassium: 876mg | Fiber: 1g | Sugar: 1g | Vitamin A: 85IU | Vitamin C: 4mg | Calcium: 41mg | Iron: 1mg