

Easy Broiled Salmon

Serves 4-5

Total Time for Prep to Serving: 25 minutes

2 pounds fresh Salmon (wild caught), filleted (from Whole Foods)

2 whole lemons, sliced

Fresh Dill

2 Garlic Cloves, minced

1 Stick grass fed butter, cut into pieces (I used Vital Farms brand)

Himalayan Salt (from the Spice Lab) & Black Pepper

Preheat your oven to 350 degrees. Take a large cookie sheet and line with aluminum foil. Rinse your salmon fillet, pat dry and place on the foil. Layer with the dill, lemon slices, minced garlic and butter.

Squeeze any excess lemon you may have over the filet. Sprinkle with Himalayan salt and black pepper. * *

Wrap the salmon and pop into the oven for 8-10 minutes. If you use a thermometer, it should read 120 degrees for medium-rare when inserted at the thickest portion. Remove from oven and let stand (while still wrapped) for about five minutes where it will finish cooking to medium, if you prefer.

Unwrap, simply slice and serve with your vegetables of choice. Garnish with lemon if you would like or whip up a delicious tarter sauce. Possibilities are endless to dress up your salmon!

* * You can also use your favorite fish seasoning in place of or with the salt and pepper *