

Easy Baked Salmon Fillet

Juicy, flaky seasoned salmon fillet, baked in the oven! Start from frozen or thawed, and have a fabulous dinner with 5 minutes' prep!

Yield:

4 servings

Ingredients:

4 salmon fillets (6-8 ounces each), frozen or thawed

2 teaspoons liquid smoke flavoring*

Freshly ground black pepper

Lemon pepper seasoning

Salt

Freshly-squeezed lemon juice, optional

Serving suggestions: cooked rice, potato wedges, and a green vegetable or salad

Instructions:

1. Preheat oven to 425 degrees. Line a baking sheet (with sides, to catch drippings) with foil. Place a wire rack (I use a wire cooling rack) on the foil-lined sheet. Place salmon fillets on wire rack, a few inches apart.

2. Season both sides of the salmon fillets with a thin coating of liquid smoke flavoring, some freshly ground black pepper, a sprinkling of lemon pepper seasoning, and some salt. Squeeze fresh lemon juice over, if desired. If you're using good salmon that was properly cared for/processed (and doesn't smell "fishy"), feel free to skip the lemon juice. □ If your salmon has skin on one side, place it skin-side-down and just season the top.

3. Bake salmon on wire rack/baking sheet in the middle of the

oven for about 15-20 minutes (thawed) or 30-35 minutes (frozen). Salmon is done when the flesh flakes easily with a fork and internal temperature is 145 degrees.

Serve with hot rice, salad, and/or a green vegetable.



This recipe is from Tammy's Recipes.