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.



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This recipe is from Tammy’s Recipes.