

Basil-Parmesan Salmon

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Adapted from Skinnytaste. .com

Serves 4, 3 FSP per serving

- 4 salmon filets
 - 1/2 lemon
 - 1/4 tsp salt
 - black pepper (to taste)
 - 3 Tbsp reduced fat mayo
 - 6 fresh basil leaves (minced (plus more for garnish))
 - 3 Tbsp fresh grated Parmesan cheese (divided)
1. Preheat air fryer to 400 OR preheat oven to 425. Spray air fryer basket with non stick spray or for oven, spray a sheet pan with non stick spray
 2. Season the salmon with lemon juice, salt and pepper.
 3. Mix the mayo with the basil and 2 Tbsp Parmesan cheese in a small bowl.
 4. Spread completely over the top of the salmon. Sprinkle remaining 1 Tbsp of cheese on top.
 5. AIR FRYER: 7 minutes or longer depending on the thickness of the filets OVEN: bake 10-12 minutes depending on the thickness of the salmon.