

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.