

Lemon Garlic Salmon

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Serves 4, 1 FSP per serving

- 24 oz salmon filet (or whatever size you want to use to feed 4)
- 2 lemons, sliced
- 2 Tbsp light butter, melted
- 2 garlic cloves, minced
- 2 Tbsp chopped fresh parsley
- salt and pepper to taste

1. Preheat oven to 400.
2. Line a baking sheet with a double layer of foil, with overhang.
3. Arrange lemon slices on the baking sheet and place the salmon on top. Drizzle the melted butter over the salmon and sprinkle with the garlic. Season with salt and pepper to taste.
4. Fold the foil over the salmon to create an airtight pouch. Bake the salmon until it is cooked through, about 10-15 minutes.
5. Serve immediately topped with the parsley or store in the refrigerator for up to 3 days.