

Baked Salmon with Parmesan Herb Crust

| <u>Nutrition Facts:</u> | |
|-------------------------|------------|
| Yield | 8 servings |
| Calories | 261 |
| Fat | 12.5 g |
| Sodium | 146 mg |

| <u>Code</u> |
|-------------|
| Q, GF |

Ingredients Needed:

1 Salmon filet, about 2 lb left whole
3 garlic cloves
1/2 cup chopped parsley
1/2 cup chopped Parmesan cheese



Recipe Directions:

- Preheat oven to 425 degrees F.
- Line rimmed baking sheet with aluminum foil. Place salmon, skin side down, onto lined baking sheet. Cover salmon with another piece of foil. Bake salmon for 10 minutes.
- Remove from oven and remove top piece of foil. Top with garlic, parmesan cheese and parsley mixture.
- Return to oven uncovered and allow baking until registers 135 degrees F. The parmesan cheese should have melted and lightly browned.
- Allow to rest about 5 minutes and serve.