

Lemon Rosemary Salmon

Ingredients:

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary (1.5 tsp dried rosemary)
- 2 salmon fillets, bones and skin removed
- 1 tbsp olive oil

Directions:

- Preheat oven to 400 degrees F.
- Arrange half of the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary (or half of the dried rosemary), and top with salmon fillets.
- Layer with remaining rosemary and top with remaining lemon slices. Drizzle with olive oil.
- Bake for 20 minutes or until fish is easily flaked with a fork.

Suggestions / Tips:

- Substitute salmon with any kind of your favorite fish.
- 3 ounces, or 3 protein servings is the same size as a deck of cards.
- Serve with a side of white rice and a low potassium vegetable such as sautéed red peppers or boiled green beans.

Adapted from allrecipes.ca

