

# RECIPE OF THE WEEK

## BAKED GARLIC BUTTER SALMON

### INGREDIENTS

1 Large Salmon Fillet (about 3 lbs)  
 2 lemons, washed and thinly sliced  
 Sea Salt or herbed sea salt  
 Fresh cracked pepper  
 6 Tbsp melted butter  
 2 Tbsp honey  
 3 cloves minced garlic  
 1 tsp dried thyme  
 1 tsp dried oregano

### INSTRUCTIONS

Preheat oven to 350 F.  
 Line a large rimmed baking sheet with parchment paper or a silicon mat.  
 Lay out lemon slices in an even layer, about the shape of your salmon.  
 Season both sides of the salmon with salt and pepper and place on top of lemon slices.  
 In a small bowl, whisk together butter, honey, garlic, thyme, and oregano. Pour over salmon and spread with the back of a spoon.  
 Cover the baking sheet with foil.  
 Bake for 25-28 minutes or until salmon is cooked and flakes with a fork.  
 Turn the oven to broil.  
 When the broiler is preheated, broil the salmon for 2-3 minutes, or until the butter mixture has thickened and browned on top of the salmon.

Serve with rice and your favourite vegetables!



### NUTRITION TIP

Salmon is something I almost always refer to my clients. It's delicious, versatile and packed with nutrients. One of the top reasons to include more salmon in your diet is the Essential Fatty Acids (EFAs) you find in it. EFAs support hormone function, decrease inflammation, support joints, improve the look and feel of hair and skin, and support brain and heart health. The protein and amino acids found in salmon also make it great for achieving your fitness goals and for boosting mood!

Salmon includes vitamin A, multiple B-vitamins and is one of the few natural food sources of vitamin D. Salmon is also rich in several minerals including magnesium, potassium, phosphorus, zinc, and selenium.