



Baked Salmon



Prep: 15 minutes (note 1 hour marinade time)

Ingredients:

- 2 cloves garlic, minced
- 6 tablespoons light olive oil
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon lemon juice
- 1 tablespoon fresh parsley, chopped
- 2 (6 ounce) salmon fillets

Method:

1. In a medium glass bowl, prepare marinade by mixing garlic, light olive oil, basil, salt, pepper, lemon juice and parsley.
2. Place salmon fillets in a medium glass baking dish, and cover with the marinade.
3. Marinate in the refrigerator about 1 hour, turning occasionally.
4. Preheat oven to 375 degrees F (190 degrees C).
5. Place fillets in aluminum foil, cover with marinade, and seal.
6. Place sealed salmon in the glass dish, and bake 35 to 45 minutes, until easily flaked with a fork.