



NUTRITION CONSULTING INC.

Easy Baked Salmon

Salmon is a great source of healthy omega 3 fats for your heart! To complete the meal, pair the salmon with our Dilled Lemony Rice and any vegetable!

Makes 4 servings

What you need:

450g Salmon fillet
Fresh lemon wedges
Salt and pepper to taste
Fresh or dried herbs/spices such as dill, garlic, tarragon, thyme, parsley, paprika and more!



How you prepare:

1. Preheat oven to 400 degrees F.
2. Loosely wrap the salmon in tin foil.
3. Place wrapped salmon on cooking sheet. Add salt, pepper and desired herbs.
4. Bake for approximately 10-15 minutes, until centre is no longer darker pink.
5. Top with freshly squeezed lemon wedges.
6. Serve immediately

Per serving:

206 calories
9.2g fat
0g carbohydrate
29g protein
0g fiber

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD

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