



Recipe Submitted by: SV Mystic Wind

## **SALMON – BAKED CITRUS HERB**

**Canola cooking spray**

**1 salmon fillet – 1 ½ - 2 lbs**

**½ t. sea salt**

**¼ t. freshly ground black pepper**

**1 Tbs. grated lemon rind**

**½ Tbs. grated orange rind**

**5 fresh chives**

**2 fresh thyme sprigs**

**2 fresh oregano sprigs**

**2 fresh tarragon sprigs**

**1 sliced lemon – about 10 slices**

**Preheat oven to 450 or put in an aluminum foil pouch and cook for about 15 – 20 min on the Barbie.**

**Line a roasting pan with enough foil to fold over the fish. Coat the foil with cooking spray (unless fish has skin) Place fish in pan**

**Sprinkle salmon with salt and pepper. Spread lemon and orange rind over fish. Arrange chives, thyme, oregano and tarragon on top of fish.**

**Place lemon slices on top of herbs**

**Fold foil over the fish and seal the edges. Bake for 30 – 35 minutes or until fish flakes easily with a fork.**