

# Lemon-Herb Roasted Salmon



**Lemon - Herb**

## **Roasted Salmon**

Give salmon fabulous flavor with fresh herbs, lemon juice and lemon zest.

### Ingredients

1 spray cooking spray

1  $\frac{1}{2}$  pound(s), four 6-oz pieces about 1-inch-thick each (also known as humpback salmon)

uncooked wild pink salmon fillet(s)

$\frac{1}{8}$  teaspoon table salt, or to taste

$\frac{1}{8}$  teaspoon coarsely ground black pepper, or to taste

4 tablespoons fresh lemon juice, divided

1  $\frac{1}{2}$  tablespoons sugar

1 Tbsp, chopped fresh parsley (plus extra for garnish, if desired)

1 Tbsp, chopped fresh thyme (plus extra for garnish, if desired)

1 tsp, finely grated lemon zest (plus extra for garnish, if desired)

1 teaspoon minced garlic

1 teaspoon fresh oregano

## Method

1. Preheat oven to 400°F. Coat a small, shallow baking dish with cooking spray.
2. Season both sides of salmon with salt and pepper; place salmon in prepared baking dish and drizzle with 2 tablespoons of lemon juice.
3. In a small bowl, whisk together remaining 2 tablespoons of lemon juice, sugar, parsley, thyme, lemon zest, garlic and oregano; whisk until sugar dissolves and set aside.
4. Roast salmon until almost done, about 13 minutes; remove from oven and top with lemon-herb mixture. Return to oven and roast until salmon is fork-tender, about 2 minutes more. Garnish with fresh chopped herbs and grated zest, if desired. Yields about 4 to 5 ounces of salmon per serving.

## Notes

We used pink salmon fillets because they are less fatty than some other salmon varieties like coho and sockeye salmon. If you prefer to use a different type of salmon in this recipe make to sure to account for any extra SmartPoints values.

## 2 WW Freestyle SmartPoints

### Prep

- Total Time: 31 Minutes
- Prep: 16 Minutes
- Cook: 15 Minutes

Source: Weight Watchers (4 servings)