

Super-Easy Kid-Baked Salmon

Ingredients

4 boneless salmon filets

3 tbs olive oil

2 tbs fresh lemon juice

2 tbs minced garlic

1 tbs honey

1 tbs onion powder

1 tsp sesame oil

½ tsp sea salt

pepper

red pepper flakes

fresh cilantro or other herbs

cooking spray

Method

Heat oven to 350

Place salmon in a pyrex baking dish

Slice and juice lemons into a bowl

Combine all **marinade** ingredients

Pour marinade over the salmon

Salt and pepper the filets to taste

To the filets of those who “like it hot.” add a few red pepper flakes

Bake for 20 minutes.

Wash, dry, and tear fresh herbs

Plate the fish and garnish with herbs