



Baked Lemon Dijon Salmon

- 4 - 3 ounce salmon fillets
- 1 tablespoon fresh parsley — chopped
- 2 garlic cloves — minced
- 1/2 tablespoon Dijon mustard
- ¼ teaspoon onion powder
- 2 teaspoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- Himalayan sea salt and black pepper to taste
- Slices of lemon for garnishing

1. Preheat the oven at 450F. Prepare the baking sheet by lining a piece of parchment paper. Set aside.
 2. In a small bowl add all the ingredients (except the salmon and the slices of lemon) and mix everything well until combined.
 3. Place the 4 salmon filets (skin side down) on a lined baking dish. Add the Dijon mixture on top and sides of the salmon filets. Then, top with lemon slices.
 4. Bake at 450°F for 12-15 minutes (the time will depend on the size of your salmon fillet).
- Serve with cauliflower rice, roasted green beans, roasted asparagus **or** mashed cauliflower.