

## Orange Baked Salmon

(Makes 4 servings)

### **Ingredients:**

- 1 pound salmon fillet, with skin
- 2 oranges, washed, sliced thinly with peel on
- Black pepper to taste
- ¼ cup finely minced fresh flat-leaf (Italian) parsley

### **Directions:**

- 1) Lay a large piece of aluminum foil in a 9 x 12 cake pan, with enough extra on either end to bring together on the top.
- 2) Lay salmon fillet on the foil inside the pan. Sprinkle with black pepper to your taste. Cover surface of fillet with orange slices and then with parsley.
- 3) Seal foil tightly.
- 4) Bake at 400 degrees Fahrenheit for 30 to 40 minutes, depending on thickness of salmon, or until salmon is cooked thoroughly. You will know when salmon is cooked because flesh will turn an opaque orange throughout the total thickness.
- 5) Cut into 4 even pieces, removing the skin as you do. Divide orange slices between each serving. The cooked orange flesh and parsley are excellent accompaniments to the salmon.

### **Nutritional Analysis:** (per serving / ½ of an orange, about 3 ounces cooked salmon without the skin):

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| ▪ Calories: 66 calories (23% of calories from fat) | ▪ Carbohydrates: 8 g |
| ▪ Total Fat: 4.2 g                                 | ▪ Fiber: 2 g         |
| ▪ Protein: 23 g                                    | ▪ Sodium: 57 mg      |

### **Source:**

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