

Salmon Fillet with Herbs



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

- 1 6-7oz salmon fillet
- 1 tbsp fresh tarragon
- 1 tsp fresh dill
- 1 tsp fresh parsley
- 1 Tbsp olive oil

Directions

Wash and remove the stems from the fresh herbs. Chop herbs and combine in a small bowl. Or use the *Summer Blend* packet!

Pat the filleted fish dry with paper towels and top with herb blend. Press down firmly.

Heat the oven to 400 degrees. On the stove top heat a cast-iron skillet, add oil. Add salmon fillet with the skin side down. Cook for 3 minutes over high heat. Transfer the pan to oven. Roast until fish is just cooked through, finished temperature of 145 degrees.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 2

179

12g

1.8g

39mg

41mg

.3g

0.1g

17g