



## Lemon Dill Salmon

### Instructions:

Place the salmon in a baking dish.

Pour wine over the salmon and sprinkle with salt & pepper.

Place a sprig of dill on top.

Preheat oven to 350 and bake for 18 minutes.

When ready to serve, place the salmon on a dinner plate and top with a squeeze of fresh lemon.

**If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.**

---

**Prep Time:**

2 minutes

---

**Cook Time:**

18 minutes

---

### Ingredients:

5 oz. slice of salmon fillet

1/4 cup dry white wine

1 sprig fresh dill

1 squeeze fresh lemon juice

salt & pepper to taste