



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 15 minutes.

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

Counts as 1 dinner main

Prep Time:

2 minutes

Cook Time:

15 minutes

Ingredients:

4 oz. slice of salmon fillet

1/6 cup dry white wine

1 sprig fresh dill

1 squeeze fresh lemon juice

salt & pepper to taste