



Mediterranean Salmon

Instructions:

Spread the garlic and parsley over the salmon.

Add the cooking wine, lemon juice, and salt & pepper.

Preheat oven to 350 and bake for 15 minutes.

Counts as 1 dinner main

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients:

4 oz. slice of salmon fillet

2 cloves fresh garlic -
chopped finely

2 TBSP. fresh parsley -
chopped finely

1 tsp. lemon juice

1 TBSP. white cooking wine

salt & pepper to taste