

## Easy Salmon & Zucchini Bake

### Ingredients

- 4 zucchini, chopped
- 4 (5-ounce) wild salmon fillets
- 2 Tbls olive oil
- Sea salt and freshly ground black pepper, to taste
- 1 Tbls honey
- 2 Tbls freshly squeezed lemon juice
- 1 Tbls Dijon mustard
- 2 cloves garlic, minced
- 1/2 tsp dried dill
- 1/2 tsp dried oregano
- 1/4 tsp dried thyme
- 1/4 tsp dried rosemary
- 2 Tbls chopped fresh parsley



### Directions

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a small bowl, whisk together honey, lemon juice, Dijon, garlic, dill, oregano, thyme and rosemary; season with salt and pepper, to taste. Set aside.
3. Place zucchini in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Add salmon in a single layer and brush each salmon filet with herb mixture.
4. Place into oven and cook until the fish flakes easily with a fork, about 16-18 minutes.\*
5. Serve immediately, garnished with parsley, if desired.

Makes 4 servings

### Nutritional Information:

Calories:	283
Carbs	7.8g
Fiber	1g
Fat	16g
Protein	32g

WEIGHT LOSS SUCCESS