



## Roast Salmon 2 ways

Roasting a whole side of fresh salmon is a great way to incorporate more fish into your diet and reheats well for lunches. Salmon is a good source of protein and omega-3's for brain health!

Choose from one of the two recipes and serve with your favourite vegetables and side dish. I like to serve this with roasted potatoes or rice noodles and steamed broccoli.

### Asian style Salmon

#### Ingredients

1 side of fresh salmon (Costco has a great selection)

¼ cup soya sauce

2 tbsp maple syrup

Juice of half of a lime

¼ cup fresh cilantro, chopped

2 green onions, sliced

1 clove garlic, minced

1 tbsp fresh ginger, grated

Salt and pepper to taste

- Mix all ingredients together

### Garlic Lemon Salmon

#### Ingredients

3 tbsp olive oil

2 cloves garlic, minced

1 lemon, sliced

1-2 tbsp fresh dill, chopped or 2 tsp dried dill

Salt and Pepper

- Mix together the ingredients, except for the lemon slices



**Directions**

1. Preheat oven to 400F. Line a baking pan, big enough to fit the whole piece of salmon, with foil or a silicone baking mat.
2. Pour the sauce you chose to make over the salmon and spread out evenly. If you chose the Garlic Lemon Salmon, lay the lemon slices over the salmon, spaced evenly.
3. Place the salmon in the oven and roast for 20-25 minutes or until the salmon reaches an internal temperature of 165F and flakes easily with a fork.
4. Remove from oven and let cool for 5 minutes. Serve and enjoy!