

# BAKED SALMON WITH GARLIC BUTTER



## INGREDIENTS:

### FOR THE SALMON AND VEGETABLES

- 4 (6 ounces each) salmon fillets
- 4 to 6 cups broccoli florets

### FOR THE GARLIC BUTTER SAUCE

- 4 cloves garlic, minced
- 6 tablespoons unsalted butter, melted
- 1 tablespoon light brown sugar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- salt and fresh ground pepper, to taste
- 1 lemon, halved, divided
- chopped fresh parsley, for garnish

Serve on a bed of steamed wild rice.

## MAKE IT:

1. Preheat oven to 400F. Grease a sheet pan with cooking spray.
2. Arrange broccoli florets and salmon fillets on prepared sheet pan. Rub minced garlic over each fillet. Set aside.
3. In a mixing bowl whisk together melted butter, brown sugar, oregano, thyme, and rosemary.
4. Pour the butter mixture over the salmon and veggies.
5. Take half of a lemon and squeeze lemon juice over everything; then, season with salt and pepper.
6. Place the sheet pan in the oven and cook for 15 minutes, or until the fish flakes easily with a fork and internal temperature is 145F degrees.
7. Remove from oven and garnish with parsley. Serve with lemon slices.

