

Garlic Parmesan Herb Baked Salmon

American

A popular savory baked salmon featuring garlic, parmesan, and Italian herbs.

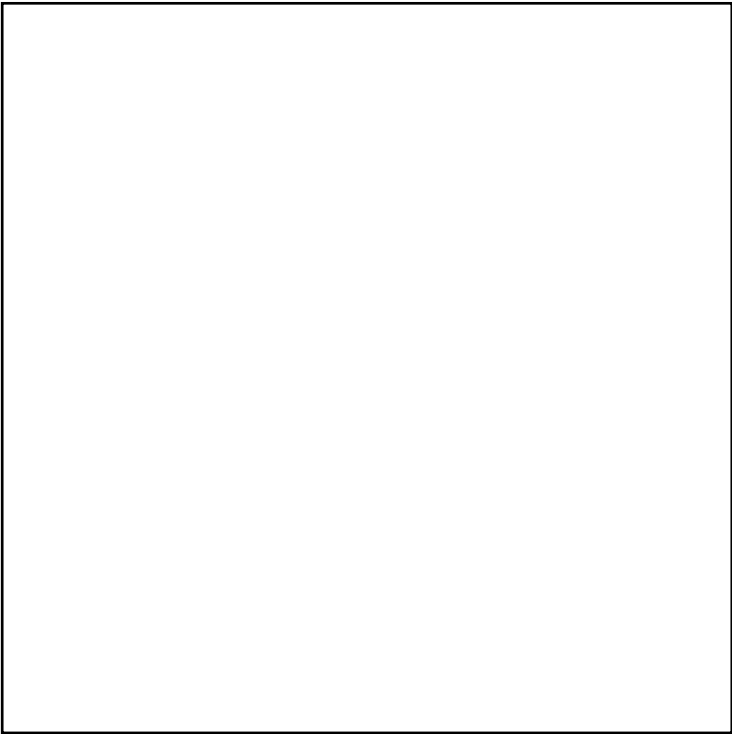
Ingredients:

Salmon:

- * 1 lb Salmon fillet
- * 1 teaspoon Olive oil (or use cooking sp...)

Seasoning Topping:

- * 2 tablespoons Grated parmesan cheese
- * 2 each Garlic cloves (minced)
- * 1 teaspoon Italian seasoning
- * 1/2 teaspoon Paprika
- * Salt (to taste)
- * Black pepper (to taste)
- * Parsley (optional garnish)



Instructions:

1. Preheat oven to 400°F and line a baking sheet with parchment or foil.
2. Place salmon on the baking sheet and lightly brush with olive oil or coat with cooking spray.
3. Combine parmesan, garlic, Italian seasoning, paprika, salt, and pepper.
4. Press the seasoning mixture onto the top of the salmon.
5. Bake for 10–14 minutes until salmon flakes easily in the thickest part.
6. Optional: broil 1–2 minutes for a lightly crisped top and garnish with parsley before serving.

Notes:

Designed as a non-citrus alternative to lemon salmon while maintaining high protein and strong flavor for weight-loss meals.

Servings: 2 | Serving size: 1/2 lb salmon | Calories: 360 | Protein: 42g