

from the  
kitchen  
of HSS



## Healthy Multi-Cook Salmon

### Ingredients

- 4 salmon fillets (about 6 oz each)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 lemon, sliced
- 1 tablespoon fresh dill, chopped
- Salt and pepper to taste

### Recipe Notes

Macronutrients and calories will vary based on preparation methods. Check the labels of the ingredients you choose as you go.

*The USDA recommends cooking fish to an internal temperature of 145°F (63°C) to ensure it's safe from foodborne illnesses.*

### Directions

#### Oven-Baked:

- Preheat the oven to 375°F
- Place salmon fillets on a baking sheet lined with parchment paper.
- Drizzle olive oil over the fillets and sprinkle with garlic, dill, salt, and pepper.
- Top each fillet with lemon slices.
- Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork.

#### Grilled:

- Preheat the grill to medium-high heat.
- Brush the salmon fillets with olive oil and season with garlic, dill, salt, and pepper.
- Place the fillets on the grill, skin-side down.
- Grill for 6-8 minutes per side, or until the salmon is cooked through and flakes easily with a fork.
- Top with lemon slices before serving.

#### Pan-Seared:

- Heat a large skillet over medium-high heat and add olive oil.
- Season the salmon fillets with garlic, dill, salt, and pepper.
- Place the fillets in the skillet, skin-side down.
- Cook for 4-5 minutes per side, or until the salmon is cooked through and flakes easily with a fork.
- Top with lemon slices before serving.

