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PAN ROASTED LEMON SALMON FILLETS

Intermediate Lifestyle

Ingredients

4 salmon fillets, 6 oz. each
1 TSP kosher salt
1/4 TSP freshly ground black pepper
juice of 1 lemon
1-1/2 TBS olive oil

Instructions

1. Season the salmon fillets with salt, pepper and lemon juice, then drizzle with olive oil.
2. Pre-heat the oven to 350°.
3. Place an oven-proof sauté pan large enough to accommodate all the fillets over medium-high heat. Add the salmon and sear the fillets for 3 minutes per side. Place in the oven to finish cooking, about 5 to 10 minutes more, depending on the thickness of the fillet.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 salmon fillet = 1 P