



Baked Salmon with Parmesan Herb Crust Recipe

Total Time 17 minutes

Prep Time 2 minutes

Cook Time 15 minutes

Baked salmon makes a weeknight meal that is easy enough for the busiest of nights while being elegant enough for entertaining. This oven baked salmon with a Parmesan herb crust is out of this world delicious!

Ingredients

- 1 salmon filet about 2 pounds, left whole

Parmesan Herb Crust:

- 3 cloves garlic finely minced
- 1/4 cup chopped parsley
- 1/2 cup chopped Parmesan cheese

Directions

1. Preheat oven to 425° F. Line rimmed baking sheet with parchment paper or aluminum foil for easiest cleanup.
2. Place salmon, skin side down, onto lined baking sheet. Cover salmon with another piece of parchment paper. Bake salmon for 10 minutes. Remove from oven and remove top piece of parchment paper. Top with garlic, Parmesan and parsley mixture. Return to oven uncovered and allow to bake until the cheese has melted, the baked salmon flakes easily with a fork, and the salmon registers 135° F when checked with an internal thermometer probe, about 5 more minutes. The Parmesan cheese should have melted and lightly browned.
3. Allow to rest about 5 minutes and serve.

Nutrition Facts

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Amount Per Serving

Calories 112Calories from Fat 45

% Daily Value*

Total Fat 5g**8%**

Saturated Fat 2g**10%**

Cholesterol 31mg**10%**

Sodium 219mg**9%**

Potassium 228mg**7%**

Total Carbohydrates 1g**0%**

Protein 13g**26%**

Vitamin A2.3%

Vitamin C0.8%

Calcium15.7%

Iron2.5%