

LEMON DILL SALMON

Healthy Highlights

- **Salmon** is a great source of protein and omega-3 fatty acids.
- **Lemon juice** adds vitamin C for strong teeth and healthy gums.



INGREDIENTS:

1/4 cup unsalted butter, melted
1/4 cup freshly squeezed lemon juice
Zest of one lemon
2 cloves minced garlic
1 tsp dried dill
Salt and pepper to taste
2 pounds salmon

DIRECTIONS:

1. Preheat oven to 375°F. Line a baking sheet with a piece of foil large enough to wrap the salmon entirely.
2. In a small bowl, whisk together butter, lemon juice, lemon zest, garlic, dill, salt and pepper.
3. Place salmon onto prepared baking sheet and fold up all four sides of the foil. Spoon the butter mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
4. Place into oven and bake until cooked through, about 15 minutes.
5. Serve immediately, garnish with dill, if desired.

Source: "Mouth Healthy Cookbook," Delta Dental of Arizona, 2024.