Dinner, Mediterranean

Baked Lemon Oregano Salmon with Vegetables

Tender sockeye salmon fillets bake over sliced summer vegetables in sealed foil packets, seasoned with a bright lemon, garlic, and oregano mixture.



Gluten free | Nut free

35 min	200	8 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 whole nonstick cooking spray
- [ ] 1/4 cup lemon juice
- [ ] 2 clove garlic (minced)
- [ ] 1 tbsp fresh oregano
- [ ] 1/2 tsp salt (optional)
- [ ] 1 tsp black pepper
- [ ] 1 med zucchini (thinly sliced)
- [ ] 1 med onion(s) (thinly sliced)
- [ ] 1 med red bell pepper (sliced into thin strips)
- [ ] 16 oz sockeye salmon fillets (4-ounce each, skinless)
- [ ] 2 tsp olive oil

Nutrition Facts

Per serving

Calories	200
Total fat	8 g
Saturated fat	1.5 g
Sodium	340 mg
Total carbs	8 g
Fiber	2 g
Total sugars	4 g
Protein	27 g

Method

- [ ] **1** Heat the oven to 400 degrees F and spray four 8x8 inch sheets of aluminum foil with nonstick cooking spray, then set them aside.
- [ ] **2** Whisk the lemon juice, minced garlic, fresh oregano, salt, and black pepper together in a small bowl and set the mixture aside.
- [ ] **3** Pile a quarter of the zucchini, onion, and red bell pepper in the center of each foil sheet and top each pile with a sockeye salmon fillet.
- [ ] **4** Spoon a quarter of the lemon juice mixture over each fillet, then drizzle half a teaspoon of olive oil on top.
- [ ] **5** Bring the sides of the foil up over the salmon and crimp the edges tightly to seal each packet, arrange the packets on a baking sheet, and bake for 20 minutes.
- [ ] **6** Open one packet slightly and insert an instant read thermometer into the thickest part of the salmon to confirm it has reached at least 145 degrees F.

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