**BAKED SALMON RECIPE**



**INGREDIENTS**

* + salmon fillet, 1 1/4 pounds
	+ teaspoon salt
	+ 1 lemon
	+ Italian seasoning : or Parsley, thyme, & dill
	+ Garlic powder
	+ Onion powder
	+ Olive oil

**DIRECTIONS**

1. Heat oven to 400ºF. Spray shallow baking pan with cooking spray. Pat salmon dry with paper towel. Place salmon, skin side down, in pan; brush with 1 tablespoon of the olive oil. Sprinkle with salt.
2. Cut Lemon in half, and squeeze half of the lemon over the fresh. Then sprinkle on herb seasoning mix.
3. Bake covered 15mins and uncovered for the last 5-10 minutes or until salmon in tender.. Serve immediately.