



Honey Cilantro Baked Salmon

Ingredients:

- 1 Large Salmon Fillet
- Salt and Pepper-to taste
- ¼ Cup Butter-melted
- Juice of 2 Limes-(plus one lime, thinly sliced)
- 3 Tablespoons Honey
- 1 Tablespoon Garlic-minced
- 1 Bunch Cilantro-roughly chopped

Fresh ingredients just give this dish a flavor and appearance pop! Enjoy this

honey cilantro baked salmon recipe for your next dinner and use the leftovers for a delicious grain bowl the next day!

Instructions:

1. Preheat oven to 425 degrees. Line and grease a large baking sheet with foil and season with salt and pepper on both sides to taste. Slip lime slices underneath the salmon.
2. Stir together butter, lime juice, honey, and garlic and drizzle mixture over salmon. Fold sides of foil up over the salmon.
3. Baked for 15 minutes. Switch oven to broil and cook another 5 minutes. Sprinkle chopped cilantro over the top and serve.

Did you know that eating seafood twice a week could help to improve your omega-3 levels and reduce your risk for cardiovascular disease? Just a simple shift in your eating pattern can put you on a positive path to improve your heart health.

Seafood Nutrition Partnership. Reproduced by Nancy Durall, RDN, LD, registered/licensed dietitian nutritionist, CHI Saint Joseph Health at the Lexington YMCAs, nancy.durall@commonspirit.org, 859-258-9622 ext 6293.