

Roasted Salmon with Lemon



Serves 4

INGREDIENTS

1 pound (450 grams)
salmon fillet, sliced into
4 equal portions

2 teaspoons (10 milliliters) olive oil

Couple generous pinches
of kosher salt, optional

Freshly ground black
pepper, to taste

1/2 lemon, cut into
4 wedges or slices

Nutritional Info (per ¼ recipe): Calories 176, Total Fat 7.7 g, Saturated Fat 1.3 g, Cholesterol 57.9 mg, Sodium 161 mg, Total Carbohydrate 2.1 g, Dietary Fiber 0 g, Sugars 0 g, Protein 25.4 g, Vitamin A 6%, Vitamin C 13%, Calcium 1%, Iron 3%, Potassium 10%, Zinc 5%, Magnesium 9%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.

This recipe makes a great main dish or Protein Flip when added to the bowls, wraps, or salads highlighted throughout the course.

INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. Spray or wipe a sheet pan or baking pan with oil. Place salmon fillets skin side-down on the pan, sprinkle with salt and pepper, and drizzle with olive oil.
 - Alternatively, if you want very browned, crisp skin, you can pan sear, skin-side-down in a skillet over medium-high heat for about 2 minutes before transferring to the baking pan, skin-side-up and otherwise following the recipe with reduced cooking time to account for cooking that occurred in the skillet. If it seems the fish is sticking, let it sit a bit longer. It will tend to stick initially and release once browning occurs. Using a fish spatula (a thin, angled, flexible spatula) is also helpful with working with delicate items, like fish.
3. Place sheet pan on the middle rack in the oven and roast until fish is firm to the touch, 4 to 6 minutes per ½ inch (1.25 centimeters) of thickness of fillet (8 to 10 minutes for a 1-inch [2.5-centimeter] thick fillet; 8 minutes for pink in the middle, 10 minutes for more well done). Reduce time by a minute or two if pan searing in Step 2.
4. Serve immediately with a wedge of lemon or lay slices of lemon atop the fish while still warm.

NOTES

- Cooking time will depend on thickness of fish. Measuring the internal temperature at 145°F (63°C) in the thickest part of the flesh is considered the minimum safe temperature. However, some people choose to have it cooked medium rare (125°F/52°C) to medium well (135°F/57°C), but anything under 145°F increases risk of food borne illness.
- For most fish, poultry, and meat there is carryover cooking—cooking that occurs after removing from the oven as the temperatures between the hotter, outer surface equilibrate with the cooler, inner flesh. For this dish, you can remove it from the oven about 5°F or 3°C before it reaches your desired temperature to account for the carryover cooking.