

Simple Baked Salmon

2 salmon filets (approx. 1/2 lb each)

2 tablespoons extra virgin olive oil

Put salmon filets in a glass baking dish. Drizzle olive oil over the filets and flip them over a couple of times, to spread the oil and get a little oil on the bottom of the baking dish and the underside of the filets.

Bake at 350 degrees for 15-30 minutes. The filets should be opaque inside, easy to flake with a fork, but not dry—do not overcook. Makes 4 small servings.

Nutrition information per serving: 295 calories, 25 grams protein, 20 grams fat, 0 carbohydrates, 69 mg sodium.