



## **Lunch Recipe: Baked Salmon**

### **Ingredients**

- 2 6 ounce filets of fresh salmon (not farmed)
- 2 tbsp sour cream
- 3 tomatoes (sliced)
- 2 lemon (sliced, remove seeds)
- 2 tbsp lemon juice
- 1 tbsp herbs de Provence
- 1 cup of rice (cooked)
- Chili powder to taste
- Fresh ground pepper
- Salt (to taste)
- Avocado oil

### **Instructions**

1. Drizzle oil on the bottom of a baking dish.
2. Add in rice and spread.
3. Add in lemon slices and cover the rice.
4. Next, add tomato slices on top of the lemons.
5. Sprinkle with salt.

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6. Add fresh ground pepper.
  7. Add in salmon fillets.
  8. Sprinkle with salt and pepper.
  9. Add chili powder.
  10. Add sour cream on top of the filets.
  11. Sprinkle herb de Provence over dish.
  12. Bake at 450 degrees for 12-15 minutes.
  13. Serve on a bed of rice.