



Orange Pepper Salmon

You may use wild Alaskan sockeye salmon, but king or coho would be delicious as well. Sockeye salmon takes only about 8 minutes to cook at 400 degrees.

2 pounds wild salmon
1/4 cup fresh squeezed orange juice
freshly grated orange peel
1/2 teaspoon sea salt
freshly ground black pepper
extra virgin olive oil

Preheat your oven to 400 degrees F.

Rinse your salmon fillet and pat dry with a paper towel. Cut it into 6 fillets. Arrange fillets on a baking sheet or large glass baking dish.

Drizzle orange juice over them. Then sprinkle each with a little grated orange peel. Make sure you do it before you juice your orange. You'll want the zest from the whole orange.

Then sprinkle with sea salt and plenty of freshly ground black pepper. Drizzle each fillet with a little olive oil.

Bake for about 8 minutes for sockeye, longer for coho, and usually about 20 minutes for king, depending on the thickness.

Serves 6

Per serving - Calories: 252 Carbs: 4 gr. Fat: 15 gr. Protein: 35 gr.