



## Citrus & Herb Crusted Salmon

### Ingredients:

One 4 oz Salmon Fillet

### Crust

3½ teaspoon McCormick/Lawry's Salt-Free Citrus Herb Seasoning (sold at most grocery stores — contains rosemary, oregano, thyme, chili pepper, orange peel, garlic, sugar, lemon peel, onion and lime)

### Marinade

1½ teaspoon orange juice  
1 teaspoon lemon juice  
¼ teaspoon minced garlic  
Pinch of salt  
Pinch of black pepper  
Vegetable oil spray

### Directions

Preheat the oven to 425°.

Combine the marinade ingredients until well blended.

Pat the salmon dry and add it to the marinade—stir to coat evenly. Cover and refrigerate for 15 to 30 minutes.

Line a baking sheet with parchment paper and lightly coat with vegetable oil spray.

Remove the fish from the marinade and dredge one side of the fillet with the citrus herb seasoning.

Place the fillet on the sprayed parchment, crusted side up.

Sprinkle with salt and pepper.

Bake for five to seven minutes, or until the fish is firm with a minimum internal temperature of 145°.