

SALMON THE EASY WAY

For weeknights when you're rushed, or as the base for a more complicated, time consuming meal.

Farm raised salmon filets, 6-8 oz each (wild caught has less fat and tends to dry out)

Salt

Pepper

Rinse and dry salmon filets and place them on a foil lined cookie sheet, skin side down. If you're using a larger piece of fish, cut slits in the skin side a few inches apart. Sprinkle salt and pepper on top of fish.

Preheat broiler. Place fish under the broiler for 5 minutes, then set the oven to 375 and switch it to the bake setting, cook for 10 minutes. If you're using a single large piece, cut into the center to make sure it's cooked through.