



Cedar Plank Salmon

Info:

Makes 4 Servings 140 Calories per Serving

LOW CAL

Ingredients:

- ❖ 1lb Salmon
- ❖ 2 Lemons
- ❖ 2 Tbsp Olive Oil
- ❖ Cedar Plank



Preparation:

1. Soak cedar plank in water at least 2 hours
2. Preheat oven to 450°
3. Slice 1 lemon thinly, slice the other lemon into wedges
4. Place cedar plank on baking sheet and heat in oven 10 minutes
5. Remove from oven and brush plank lightly with olive oil
6. Place salmon on plank and lightly brush with olive oil
7. Cover salmon with lemon slices
8. Cook 15 minutes, discard lemon slices and serve with fresh lemon wedges on the side

