



Butter Garlic Lemon Salmon

Ingredients

1. 4 salmon fillets
2. Salt and pepper
3. 2 tbsp olive oil
4. 4 tbsp butter
5. 2 tbsp garlic powder
6. At least 1 lemon
7. 2 tbsp chopped parsley

Serves: 3-4

Instructions

1. Sprinkle salmon with salt and pepper
2. Heat olive oil in large skillet over medium high heat.
3. Add salmon fillets skin side down, cook for 4-5 minutes on each side or until cooked through. If using non stick pan use plastic utensils - not metal.
4. Remove salmon from skillet.
5. In same skillet, add butter and let it melt, stir in garlic powder and cook for one minute.
6. Add lemon juice from one lemon, continuing to stir.
7. Add salmon back into skillet, spoon butter garlic lemon sauce over the fillets, let simmer 1-2 minutes.
8. Add parsley and serve with vegetables or your favorite sides.

Prep Time: 30 minutes