

## Baked Salmon with Turmeric Seasoning

Quick and easy weeknight dinner, loaded with healthy Omega 3.



Prep time: 5 minutes

Cooking time: 12-15 minutes

Servings: 4

### Ingredients

- 4 salmon filets or steaks
- 2 tablespoons olive oil
- 1 teaspoon turmeric powder
- 1 sliced green onion (garnish)
- Salt and pepper - optional

### Directions

Pre-heat oven to 400 degrees C (200 F).

Rinse salmon gently, place in glass dish and drizzle lightly with olive oil.

Shake the turmeric powder to each filet, coating lightly. Add salt and pepper if desired.

Bake uncovered at 400 C for 12-15 minutes. 12 minutes for thin filets, 15 minutes for thicker steaks.

Garnish with sliced green onion stems and serve with a green salad or steamed broccoli.