

# Best Easy Healthy Baked Salmon

★★★★★ 4.99 from 2860 votes



*This is the very Best **Easy Healthy Baked Salmon!** Full of delicious lemon and garlic flavors, baked to flaky, tender perfection and on the table in just 30 minutes!*

**Prep Time:**  
10 minutes

**Cook Time:**  
15 minutes

0 minutes

**Total Time:**  
25 minutes

**Servings:**4 servings

## Ingredients

- 4 salmon fillets, about 6 ounces each
- 2 tablespoons olive oil
- ½ teaspoon salt, or to taste
- ¼ teaspoon cracked black pepper, just a pinch if using finely ground black pepper
- 2 teaspoons minced garlic
- 1 teaspoon Italian herb seasoning blend , OR herbs de provence, or ¼ teaspoon

each dried thyme, parsley, oregano, and basil

- 1 medium lemon

## Instructions

1. Preheat oven to 400 degrees and grease a large baking pan. Arrange salmon fillets on the baking sheet and season generously with salt and pepper.
2. Stir together olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets being sure to rub all over the tops and sides of the salmon so it has no dry spots. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon.
3. Bake for 12-15 minutes until salmon is opaque and flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired.
4. Garnish with fresh thyme or parsley if desired and serve.

## Notes

**Flavor tip:** swap out the lemon for lime and add a sprinkle of cilantro at the end!

## Nutrition

Calories: 306 kcal, Carbohydrates: 1 g, Protein: 34 g, Fat: 18 g, Saturated Fat: 3 g, Cholesterol: 94 mg, Sodium: 366 mg, Potassium: 839 mg, Fiber: 1 g, Sugar: 1 g, Vitamin A: 68 IU, Vitamin C: 1 mg, Calcium: 23 mg, Iron: 1 mg

---

**Course:** Main Course    **Cuisine:** American    **Author:** [Tiffany](#)

---

<https://www.lecremedelacrumb.com/best-easy-healthy-baked-salmon/>