



Easy Seasoned Salmon Dinner

Salmon is so easy to make all year long! We'll grill it during the summer and bake it indoors in the winter. It's the perfect blend of healthy fats, protein, and pairs with just about every veggie!

Recipe:

Sprinkle the following spices on your salmon filet:

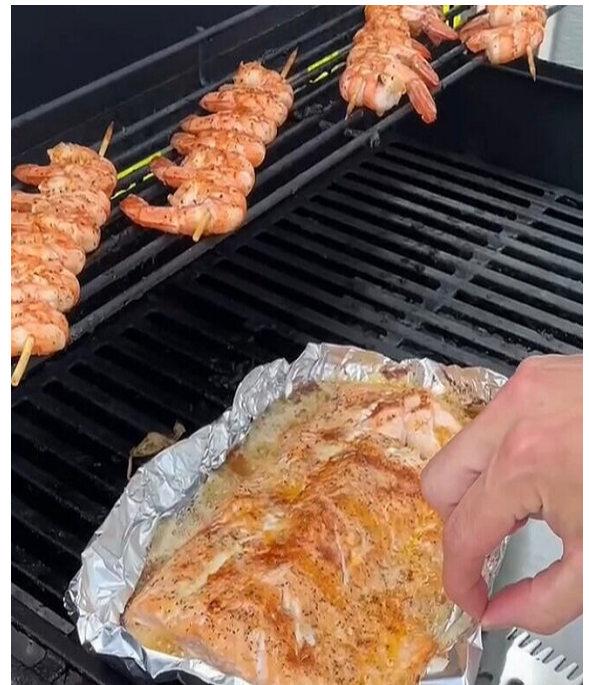
Pepper
Onion Powder
Garlic Powder
Paprika
Thyme
Salt

Top with butter- we used about a tablespoon per filet, but how much you put on varies based on how big your filets are!

Cook in a foil boat on the grill or in a glass dish in the oven!

Grill until Salmon is flaky when pulled with a fork.

Bake at 350° for 20-25 min - salmon should flake apart when pulled with a fork.



Keto Dad Tips:

- Grill or bake in the oven
- We love pairing ours with grilled shrimp
- We'll often grab asparagus to grill alongside, stuffed peppers, or a simple side salad!
- Check out our [Keto Cream Sauce](#) for Salmon

Serving Size: One 6oz filet

Macros: Calories: 362, Fat: 22g, Carbs: 0 Fiber: 0, Protein: 37g

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