

# BAKED SALMON WITH RICOTTA AND PARSLEY

Recipe courtesy of *Diane Henderiks*

momlogic.com

## Ingredients:

- 1 9-inch salmon fillet, skinned
- Olive oil
- 1 tsp. fresh lemon juice
- 1 cup chopped fresh parsley
- 2 tsp. freshly ground black pepper

## RICOTTA MIXTURE

- 16 oz. container part-skim ricotta
- 2 cloves fresh garlic; minced
- 2 tbsp. fresh lemon juice
- ½ cup freshly chopped parsley
- 2 tsp. freshly ground black pepper

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## Directions:

1. Preheat oven to 325°.
2. Combine all ingredients for ricotta mixture in large bowl. Mix until thoroughly combined. Set aside.
3. Rinse salmon fillet and pat dry with a paper towel.
4. Place salmon on bottom of large casserole dish drizzled lightly with olive oil.
5. Pour 1 tsp. lemon juice over salmon and turn to moisten completely.
6. Spread ricotta mixture on top of salmon with a rubber spatula.
7. Sprinkle parsley on top of puree evenly.
8. Grind pepper over top.
9. Baked covered for 15 minutes. Lightly baste with pan juices.
10. Continue baking 10 minutes or until salmon turns pale pink.
11. Enjoy!

Serves 6