

Everything Bagel Crusted Wild Salmon

This simple and savory salmon recipe is easy to make with less than 5 ingredients. Salmon is a fast cooking, lean protein that provides key nutrients like omega-3 for heart and brain health.

Prep: 15 minutes

Total time: 30 minutes

Serves: 4

Ingredients

- 4 (5-ounce) wild salmon fillets, skin on
- 1 tablespoon olive oil
- 4 tablespoons Everything Bagel seasoning
- ¼ teaspoon black pepper
- Lemon wedges

Directions

1. Preheat oven to 350° F and line a baking sheet with parchment paper.
2. Brush salmon with olive oil.
3. Stir together Everything Bagel seasoning and pepper in a shallow dish.
4. Press salmon, flesh-side down, into the seasoning, and place face-up on the baking pan. Repeat with all fillets.
5. Bake in the oven until salmon is cooked through to 145°F, about 20 minutes.
6. Serve with a lemon wedge.