

## Baked Salmon with Sour Cream

### Ingredients:

- 6 salmon fillets (about 4 oz each)
- Salt and pepper, to taste
- 2 Tbsp fresh lemon juice
- 1 cup sour cream
- 2 tsp fresh chopped onion

### Directions:

1. Preheat oven to 450°F.
2. Place salmon in a sprayed 13x9-inch baking dish.
3. Season with salt and pepper and sprinkle with lemon juice.
4. Spread sour cream over top. Then top with onion.
5. Bake 10 minutes per inch, measuring at thickest point.

### For Our Program:

#### *Nutrition Information:*

Servings = 6

Carbohydrates per serving = 2g