



## Baked Salmon

### With Sweet Herb, Orange, Parsley Rub

Camine Pappas / Serves 6 / December 2018

**Low FODMAP**

#### INGREDIENTS:

6, 6 oz salmon filets, patted dry

Zest of 2 oranges

Spice Rub:

½ t ground ginger, paprika, coriander powder, cumin,  
ground cardamom, ground nutmeg, turmeric.

½ t ground black pepper

1 t sea salt + more to lightly sprinkle on top

2 T chopped Italian parsley

3-4 T light oil such as sunflower

#### METHOD:

Pat salmon dry. Drizzle a small amount of oil on the bottom of a glass baking dish large enough to accommodate all filets and still leave about 1" or more in between. Lay filets in baking dishes.

In a small mixing bowl add the spices, and the zest.

Drizzle in the oil until it is a wet paste. Add the parsley and a little more oil to make sure it stays a wet paste. Mix well. Using a spoon or small spatula, rub

the paste on top of each of the filets, dividing mixture evenly. Bake in a 425 degree F oven for about 6-10 minutes or just until fish is opaque.



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