

Slow Baked Citrus Salmon Sweet By Nurture

Ingredients:

1 lb. salmon

1 lemon

1 mandarin, or tangerine

1 orange, Cara Cara, Navel, or blood

¼ -½ cup olive oil (depending on the size of your pan and the amount of fish you cook)

Pinch of salt and pepper

Directions:

Preheat the oven to 300°

1. Lightly oil a half-sheet pan and place the salmon in the pan skin side down. Salt and pepper the fish.
2. Slice the fruit into ¼” slices and place on top of the fish, the remaining citrus around the fish.
3. Pour the olive oil over the fish letting it pool around the fish. You should have about ¼” of oil in the pan.
4. Bake for 30 minutes. Once the salmon is cooked you can ease the skin away from the fish with a thin spatula more easily, if you would like.
5. Serve the citrus slices on top of the fish.