[Recipe] An Antioxidant Rich Baked Salmon With Oil and Herbs

by LAUNIE KETTLER

Baked Salmon With Dill, Oil and Herbs

What's that incredibly enticing aroma coming from the oven? Oh, it's gorgeously pink and flaky salmon covered with lush dill, and arugula.

This recipe is beyond simple, and will bring everyone running to the table. Because it's so fresh and vibrant, it straight up telegraphs how healthy it is. But don't let its obvious health benefits detract from how truly, truly, decadent it is. You could serve this for an incredibly fast weeknight meal, or as the centerpiece of a dinner party.

Think of the look on your guests' faces when you have a platter of this herby salmon on a gorgeous silver platter.

Elegant refinement at it's best.

But, let's delve into some of those health benefits of this savory dinner.

Dill is a little powerhouse of an herb. Along with its addictive taste, it also helps to fight free radicals in the body. It's also an anti-bacterial, sharing the same type of "bacteriostatic," qualities as garlic.

Another lovely aspect of dill is that it pairs incredibly well with – pretty much anything. Roughly chop dill and throw it into a winter salad or quickly blend it into an herb puree to drizzle on meat. Stir it into sauces, or whisk it into a gravy. Mash it into cooked cauliflower or carrots, or sprinkle it onto roasted vegetables.

Dill, it pretty much does it all!

By its virtue of being a "leafy green," arugula is inherently healthy. It's loaded with antioxidants, filled with vitamin K, and it's a good source of the antioxidant carotenoids. Don't forget all of the other vitamins this delicate little green possesses though! It's filled with vitamin C, and vitamin B. It also contains folate, magnesium, potassium, and manganese.

And it does all of that, while only having 7 calories an ounce. Eat your arugula!

Fantastic uses (other than as a base of a salad) for arugula include: Sautéed in a stir fry, turned into a pesto, as a peppery note to a simple deli sandwich, or even muddled into your favorite "mocktail!" And don't forget to add it to smoothies. Again, the peppery notes in arugula combine incredibly well with other vegetables and fruits.

Finally, let's not forget the star of the dish: Salmon. Salmon has been finding its way onto our plates for a while now – and for good reason.

Salmon contains a cornucopia of vitamins and minerals. It's filled with vitamin B12, vitamin D, omega-3 fats, protein, and potassium.

Which means it contributes to heart health, as well as contributing to overall joint health. Salmon is also good for your eyes, and can help contribute to an elevated mood.

So, preheat your oven and get ready for a lovely, succulent, and yes – an incredibly healthy and elegant meal.

Baked Salmon Recipe

Serves 4.

Ingredients:

- 1 ¼ lb. salmon fillet
- ¼ cup fresh dill
- ¼ cup arugula
- 3 tablespoons olive oil
- 2 teaspoons lemon zest
- ¼ teaspoon ground sea salt
- ¼ teaspoon lemon pepper

Instructions:

1. Preheat oven to 250 degrees.
2. Fit a baking pan with parchment paper.
3. Place the salmon skin side down.
4. In a mini-food processor combine dill, arugula, olive oil, lemon zest, salt and pepper. Process until smooth.
5. Spread mixture over the salmon.
6. Bake for 22-25 minutes, or until the salmon flakes easily with a fork.
7. Serve immediately.

Photos by Launie Kettler