Cooking with WINE

WINE Women IN the New Evangelization

"Arise and Eat" 1 Kings 19:5

Lemon-Dill Salmon

Tender wild sockeye salmon with fresh lemon and dill—a simple yet elegant entrée that's perfect for both weeknight dinners and special occasions.

INGREDIENTS

Serves 4-6

- 1½ pounds wild sockeye salmon, cut into fillets
- 2 tablespoons olive oil
- 1 teaspoon garlic salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon paprika
- Avocado oil spray
- 1 lemon, thinly sliced
- 2 tablespoons fresh dill, chopped
- **Lemon-Dill Sauce** (Cooking with WINE recipe)

Watch video demonstration

DIRECTIONS

- Preheat the oven to 400°F.
- Pat the salmon fillets dry with paper towels. Drizzle the fillets with olive oil and season evenly with the garlic salt, black pepper, and paprika.
- Lightly coat a large oven-safe nonstick skillet with avocado oil spray and heat over medium-high heat. Place the salmon fillets, flesh-side down, in the hot skillet and sear for about 2 minutes without moving them.
- Carefully turn the fillets so they are skin side down. Top the salmon with the lemon slices and sprinkle with the fresh dill.
- Transfer the skillet to the preheated oven (or move the fillets to a baking dish if preferred). Bake for 15–20 minutes, depending on the thickness of the fillets, until the salmon flakes easily with a fork and reaches an internal temperature of 145°F.
- Remove from the oven and allow the salmon to rest for 2–3 minutes before serving.

Cook's Note: Serve warm with **Lemon-Dill Sauce**, **Roasted Harvest Salad**, **Brazilian White Rice**, or a fresh green salad for a light and flavorful meal.