

Baked Salmon

Ingredients:

- salmon fillets
- salt and pepper, to taste
- lemon wedges, *optional*

Directions:

Preheat the oven to 450.

Line a baking sheet with foil and spray with cooking spray or coat with olive oil.

Season salmon with salt and pepper.

Lay the salmon, skin side down, on the baking sheet.

Bake until salmon is cooked through, about 15 to 20 minutes.

Serve with lemon wedges, if desired.