

## Simple Baked Salmon Fillets

Omega-3 fats are termed 'essential' fats because our bodies cannot manufacture them on their own, so they must be consumed through diet. They are also essential for optimal health, offering powerful anti-inflammatory action throughout the body. These fats also happen to be a primary component in the production of sperm cell membranes. For the ladies, essential omega-3's are crucial for the brain development of a growing fetus, and there have been some studies showing that postpartum depression can be prevented by increasing omega-3 fat intake prior to giving birth. Wild salmon provides easily-absorbed omega-3's in abundance and is one of the best sources of this important nutrient. While there are a few plant sources of omega-3's, such as flax, chia, and walnuts, the body does not easily convert these shorter-chain omega-3 fatty acids into the longer-chain omega-3 fatty acids that are so crucial. Salmon is also one of the few foods rich in vitamin D (sunshine is the primary source of this vitamin). **Please** purchase wild and not farmed salmon. If the negative environmental impact of salmon farming is not convincing enough for you, please know that farmed salmon is **not** a rich source of omega-3's due to their unnatural diet.

### Ingredients:

4 wild salmon fillets  
Half a bunch of fresh dill, chopped  
¼ cup red onion, chopped finely  
Juice of 1 lemon  
1 Tablespoon olive oil  
½ teaspoon sea salt  
½ teaspoon fresh ground pepper

Preheat oven to 400 F and line a baking dish with foil (for speedy, no-fuss clean-up).

Mix the dill, onion, lemon juice, oil, salt and pepper in a mixing bowl.

Place salmon on the foil-lined baking dish, skin side down.

Spread the dill mixture evenly over each fillet.

### Directions:

Bake for 10-30 minutes depending on the thickness of your salmon (check doneness after 10 minutes). Do not overcook the salmon, as that can damage the delicate fatty acids in the fish. It will be flaky but still soft when done.