

Keto Baked Salmon and Veggie Packet with MCT Oil



Prep Time

15 minutes

Total Time

45 minutes

Servings

4

Allergens

Peanut-free, shell-fish-free, dairy-free, egg-free, gluten-free, soy-free

Required Equipment

Heavy duty aluminum foil or parchment paper



Nutrition

286 Calories

18g Fat

24g Protein

4g Net Carbs

Ingredients

- 4 4 oz Wild Caught Salmon Fillets
- 2 Zucchini Squash, cut into 1/8 inch slices
- 2 Yellow Squash, cut into 1/8 inch slices
- 2 Shallots, diced
- 4 Lemons (reserve 2 for squeezing over the salmon)
- 1/8 tsp Sea Salt
- 1/8 tsp Pepper
- 4 tbsp Natural Force Organic MCT Oil
- 4 Sprigs of Rosemary

Instructions

1. Preheat the oven to 400.
2. Cut vegetables. Cut squash and dice shallots. Cut 2 lemons into thin slices.
3. Lay out 4 square pieces of aluminum foil. In the middle of the foil square, add squash in a vertical line. Top with shallot and lemon slices.
4. Place salmon on top of the vegetables. Rub MCT oil over salmon and season with salt and pepper. Squeeze 1/2 lemon over 1 salmon.
5. To close, fold aluminum foil over salmon; sealing the open sides, like wrapping a gift.
6. Bake for 18-20 minutes, or until salmon is opaque throughout.