

Salmon with Dill

- 1 lb. Salmon
- ¼ cup of mayonnaise
- 1tbsp dill
- Garlic powder
- Pepper (small amount)
- Salt (small amount)
- Lemon slices (optional) for garnish
- Cooking spray
- Dab of olive oil

Apply cooking spray to bottom of glass dish or cooking pan.

Place salmon in dish, skin side down.

Make 3-4 long slits across long side of salmon.

In a small bowl, mix mayonnaise with dill and other desired spices.

Fill slits with mayo mixture and spread rest of mixture across top of fish.

Bake at 350 degrees for 20-25 minutes until fish flakes or internal temp is at least 145 degrees.

If desired, garnish with lemon rings.