



# CHARLIE'S BAY BUTTER SALMON

*THIS IS OUR SIMPLEST SHIFT MEAL. FLAVORFUL. FILLING. FABULOUS.*

- 1 Salmon fillet per person
- 4 TBSP Butter per fillet
- Old Bay Seasoning (seafood seasoning)

*ALUMINUM FOIL: EACH FILLET IS COOKED IN ITS OWN FOIL PACKET.*

## *Oven 350\**

- Lay salmon fillet, skin side down, on it's own square of aluminum foil.
- Put 4 TBSP butter on each fillet.
- Sprinkle generously with Old Bay Seasoning.
- Fold packets tightly and place on baking sheet.
- Bake in oven about 20 minutes. Check for doneness.

*Per serving: Fat 27g, Protein 23g, Carbohydrate trace.*

*Butter, your favorite seasoning, and foil work for all kinds of foods. We do our vegetables like this, too. Easy prep. Easy cook. Virtually no clean up! Great kitchen fun and learning for kids, too.*