

Food for the Body, Food for the Soul
Family Favorite Recipes from the St. Lad's Faith Community

*Our Dear Heavenly Father, we thank You for this food.
Feed our souls on the bread of life and
help us to do our part in kind words and loving deeds.
We ask in Jesus' name. Amen.*

Steve's Baked Salmon

In memory of Steve Cabal M.D.

One whole salmon, remove all scales and fins and make sure inside is well cleaned. Dry with paper towels

Rub well with fresh lemon wedges and about 2 tsp. salt

Place in baking pan and pack inside of fish with 1 - 2 sticks of butter mashed with 4 cloves of minced garlic and lemon zest.

Bake 300 °F about 45 - 55 min. or until flakes when tested.

Serve with lemon wedges and the butter sauce poured over it.