

Easy Balsamic Lemon Baked Salmon with Homemade Dill Sauce

Baked Salmon with Tangy Dill Dressing



OVEN
400°F

TIME
30 min

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INGREDIENTS

For the Salmon:

4 (6 oz.) wild-caught salmon fillets or 1 large wild Alaskan salmon fillet

2 tablespoons extra virgin olive oil

1 tablespoon aged balsamic vinegar

1 tablespoon fresh lemon juice

$\frac{1}{8}$ teaspoon each: Lemon pepper

Dried oregano

Garlic powder

Granulated sugar

Sea salt

For the Dill Dressing:

$\frac{1}{2}$ cup nonfat Greek yogurt

2 tablespoons nonfat mayonnaise

1 tablespoon fresh dill, finely chopped

1 garlic clove, minced (or $\frac{1}{2}$ teaspoon garlic powder)

$\frac{1}{8}$ tablespoon fresh lemon juice

1 teaspoon red wine vinegar

$\frac{1}{2}$ teaspoon each dried oregano and dried parsley

Salt and freshly ground black pepper, to taste

Optional Greek Salsa:

1 cup cherry tomatoes, halved

1 cup cucumber, diced

3 tablespoons Kalamata olives, halved

$\frac{1}{2}$ cup red onion, finely chopped

2-3 tablespoons crumbled feta cheese
% to 1 jalapeño, minced (or pinch red pepper flakes)
% tablespoon fresh dill
1 garlic clove, minced
% tablespoon each olive oil, red wine vinegar, fresh lemon juice
% teaspoon dried oregano
Salt and pepper, to taste

DIRECTIONS

1. Marinate the Salmon: In a 9x13 baking dish, whisk together the olive oil, balsamic vinegar, lemon juice, and all seasonings.
2. Add the salmon fillets and turn to coat evenly. Allow the salmon to marinate at room temperature for up to 30 minutes.
3. Prepare the Dill Dressing: In a medium bowl, whisk together Greek yogurt, mayonnaise, dill, garlic, lemon juice, red wine vinegar, oregano, parsley, salt, and pepper.
4. Cover and refrigerate until ready to serve. The flavors deepen as it chills.
5. Make the Greek Salsa (Optional but Recommended!): In a separate bowl, combine tomatoes, cucumber, olives, red onion, feta, jalapeño, dill, garlic, olive oil, red wine vinegar, lemon juice, oregano, salt, and pepper.
6. Refrigerate to allow flavors to meld while the salmon bakes.
7. Bake the Salmon: Preheat your oven to 400°F.
8. Bake the marinated salmon for 12-15 minutes, or until the fish flakes easily with a fork and reaches an internal temperature of 125-130°F for medium.
9. Do not overbake - salmon continues cooking slightly after removal from the oven.

SWAPS & NOTES

Use additional lemon juice or red wine vinegar.

Dairy-free option: Substitute coconut yogurt and vegan mayo

for the dressing.

Fresh herbs preferred: While dried herbs work, fresh oregano and parsley elevate the flavor even more.

Skin-on vs skinless: I prefer skin-on fillets for moisture retention during baking.

TIPS FOR SUCCESS

Bring salmon to room temperature before baking for even cooking.

Line your baking dish with parchment for easy cleanup.

Let it rest for 3-5 minutes after baking before serving.

Use fresh lemon zest in the dressing for extra brightness.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-balsamic-lemon-baked-salmon-with-homemade-dill-sauce/>