

# Foil Baked Salmon with Asparagus

Prep Time: 10 Min Cook Time: 25 Min Total Time: 35 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 6 oz salmon

### Amount Per Serving

Calories 407      Calories from Fat 237

% Daily Value\*

<b>Total Fat</b> 26g	41%
Saturated Fat 8g	42%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 98mg	33%
Sodium 94mg	4%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 4g	18%
Sugars 4g	

**Protein** 35g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

- 1.33 lbs salmon (wild or farm raised)
- 2 lemons
- 2 tbsp butter (or olive oil or ghee)
- 4 sprigs dill
- 1.5 lbs asparagus
- Salt and pepper

## Directions

- 1 Preheat oven to 400 degrees
- 2 Prepare 4 large pieces of foil, large enough to create a pouch around the salmon and asparagus. Spray with cooking spray and divide the asparagus evenly between the foil packets.
- 3 Place the salmon on top. Season with salt and pepper.
- 4 Place ½ tbsp. of butter on top. Then add 2-3 slices of lemon and the dill sprig.
- 5 Close the foil packets and place on a baking sheet.
- 6 Bake for 15-20 minutes until the salmon is flaky and cooked to your liking. Carefully open the packets and serve.



## Notes

**3** WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

