

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*

Total Fat 26g 41%

Saturated Fat 8g 42%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 98mg 33%

Sodium 94mg 4%

Total Carbohydrate 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

