

Foil Baked Salmon & Asparagus Packet

Servings: 2

Adapted from

<http://www.foodonthetable.com/recipes/353732-salmon-baked-in-foil-with-green-beans-and-pesto?fbclid=217wu2#close>

Ingredients

1/2 lb asparagus, trimmed and cut into thirds

2 6 oz salmon fillets

1 Tbsp lemon juice

2 Tbsp basil pesto

1/2 tsp black pepper

Preparation

1) Preheat the oven to 400°F.

2) Tear off two large rectangles of aluminum foil. Divide asparagus among each piece of foil. Lay a salmon fillet, skin side down, across asparagus drizzle each fillet with lemon juice. Top each with 1 Tbsp pesto. Pull the aluminum foil edges together and scrunch them up to seal the parcel. Place foil parcels on a sheet pan.

3) Bake in the oven for 15 minutes. Remove the pan and let it stand for a minute before carefully unwrapping it. Serve on plates or directly from cooled packets - easy clean up!

Roasted Potatoes

Servings: 2-3

Ingredients

1 lb red potatoes, quartered

1 tablespoon extra-virgin olive oil

1/2 teaspoon dried thyme

Kosher salt and ground black pepper

Preparation

1) Heat oven to 400 degrees F.

2) Drizzle 1 tablespoon oil over potatoes and roll to coat. Sprinkle with thyme, salt, and pepper.

3) Roast potatoes for 15 minutes. Remove from oven, stir, and roast for 15 more minutes or until done.