

Salmon and Green Beans with Lemon and Capers

Takes: 20 mins **Makes:** 2 6-oz fillet servings

You Need:

- 2 6-oz fillets (thereabout) salmon, skin on if you want
- ¼ lb green beans, trimmed
- coarse salt and pepper
- capers
- wide slices of rind from 1 large lemon
- 2 tsp olive oil (or just wing it a bit)
- parchment paper at least 13 in. wide
- kitchen twine (optional)



1. Preheat oven to 400. Rinse fish; pat dry. Skin it if you wish :) Cut 2 16-inch long pieces of parchment paper and place salmon in the center. Add green beans, capers, and lemon and season with salt and pepper to taste. Drizzle with olive oil. so

2. There are two ways to fold the paper:

The first fold, the envelope, I think is easier to access the fish from and it looks cool. Take the two longer ends of the paper and fold them three times over to make a fold, much like folding the cuff on a shirt. This should wrap the paper close to the fish. Take the two shorter ends and fold them under the packet one at a time, tying them with kitchen twine if necessary.

The second fold is easier to do but not as fancy-schmancy. Simply take the two long ends and fold them once together, then twist the parchment on both of the short ends. It should look like a giant piece of candy. **The key is to make sure the parchment is completely sealed. Do NOT open them to check and see if the food is done or you will let the steam escape!**

3. Place on a rimmed cookie sheet and cook for 12-15 (it took me 12 with 3/4-inch thick fillets) minutes or until packets are slightly puffed up and salmon is cooked through. Salmon will be pink and have fat (good fat!) sitting on top. You can unwrap them, or just simply place them on your plate!