

# One Pan Salmon and Asparagus

Servings: 4

RECIPE BOX

## INGREDIENTS

2 TBSP OLIVE OIL  
4 CLOVES GARLIC, MINCED  
4 TBSP LEMON JUICE  
2 TBSP FRESH THYME  
4 SALMON FILETS (Wild Alaskan Caught  
or Farm Raised)  
1 BUNCH OF ASPARAGUS



## DIRECTIONS

**STEP 1:** Preheat oven to 400 F. In a small bowl, mix: dash of salt & pepper, 1 Tbsp thyme, 2 Tbsp minced garlic, 2 Tbsp olive oil, and 2 Tbsp lemon juice.

**STEP 2:** Cover large baking pan with foil and place salmon on pan. Spoon above mix on top of salmon.

**STEP 3:** Place asparagus on baking pan. Cover with remaining ingredients. Bake 10-12 minutes, until salmon flakes easy.

**GF** This recipe is gluten free as written.

**V** Use tofu sliced rather than salmon fillets.

Nutrition per Serving: Calories 376, Total Fat 14g, Carbs 2g, Protein 35g

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