

Salmon Packs

Suggested Servings: 4

INGREDIENTS

4 SALMON FILETS
SALT AND PEPPER
2 TBSP EVOO
1 TBSP LIME JUICE
ZEST OF ONE LIME
2 SMALL ZUCCHINI, SLICED
2 SMALL YELLOW SQUASH, CLICED
1 POUND ASPARAGUS
1 SMALL RED ONION CUT INTO
CHUNKS
1 RED PEPPER, SLICED
1 LIME CUT INTO 4 WEDGES
FRESH PARSLEY (FOR GARNISH)



DIRECTIONS

STEP 1: Heat grill or grill pan to medium heat. Cut 4 sheets of foil, enough to wrap salmon and veggies. Place salmon in center and divide veggies into each packet.

STEP 2: In a small bowl, add EVOO, lime juice, and zest. Mix. Pour evenly into each packet. Add lime wedge to each packet, and pull sides of foil up so the edges meet. Seal.

STEP 3: Place salmon packets on grill or grill pan for 13-15 minutes, flipping fillet about halfway through. Serve carefully by opening packets and garnish with parsley.

GF This recipe is gluten free as written.

V De-construct and layer veggies over quinoa

Nutrition per Serving: Calories: 347, Total Fat: 18g, Carbs: 11g, Protein 38g, Fiber 4g. Sugars, 6g.

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