

# ONE PAN SALMON DINNER



## INGREDIENTS:

- 1 4 oz salmon fillet
- 100 g asparagus
- 1 small onion
- 1 large lemon
- 1/4 tsp lemon zest
- salt & pepper to taste

## DIRECTIONS:

1. Preheat oven to 375 F
  2. Place aluminum foil on a baking sheet
  3. Place salmon, asparagus, and onion on the baking sheet. Season with salt and pepper
  4. Top salmon with 1/4 tsp lemon zest and juice from half a lemon
  5. Cut the other half of the lemon into slices and place over vegetables
  6. Loosely fold in all edges of the foil. It should cover the food without touching it
  7. Bake for ~20 minutes or until salmon internal temperature reaches 145 F
- Enjoy!

1 Serving

Calories: 267 | Protein: 32 g | Carbs: 14 g | Fat: 10 g | Fiber: 3 g