

Baked Salmon in Foil

Easy to make and packed with heart healthy omega-3 fatty acids.

Serves 4

Ingredients

- 4 5 oz portions of salmon
- 28 asparagus spears
- 4 tbsp Smart Balance buttery spread
- 3 tbsp grated Parmesan cheese
- 6 cloves of garlic, minced
- Juice of 1 lemon
- ¼ cup parsley, finely chopped
- Salt and pepper to taste
- 8 thin lemon slices



<http://www.caloriwarrior.com/category/what-i-eat/low-calorie-recipes/>

Directions:

1. Preheat oven to 375° F.
2. In a bowl combine the buttery spread, cheese, garlic, parsley and lemon juice, forming a paste.
3. Cut a piece of aluminum foil large enough to fit the salmon and ¼ of the asparagus.
4. Line asparagus on sheet and top off with salmon fillet.
5. Season fillet with salt and pepper.
6. Coat the top of the salmon with garlic paste and garnish with lemon slices.
7. Cut another piece of foil large enough to cover everything and tightly tuck in all edges. (Make sure edges are completely sealed).
8. Repeat for remaining salmon.
9. Place on baking sheet and bake for 30 minutes.
10. Remove from oven and let sit for 5 minutes before serving.

Nutrition Facts	
Serving Size 1 foil pouch	
Amount Per Serving	
Calories 302	Calories from Fat 133
% Daily Values*	
Total Fat 15g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 109mg	36%
Sodium 528mg	22%
Total Carbohydrate 0.5g	0%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 37g	74%
*Percent Daily Values are based on a 2,000 calorie diet.	

Tip: Can be prepared ahead of time and simply baked when ready to eat!