

One-Pan Roasted Lemon Pepper Salmon and Garlic Parmesan Asparagus

Ingredients:

- 1 pounds salmon, skin on
- 2 1/2 tablespoons olive oil, divided
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 4 garlic cloves, minced, divided
- 1 teaspoon Dijon mustard
- 3/4 teaspoon onion powder
- 1/2 teaspoon each salt and fresh cracked black pepper, plus more for asparagus
- 1/2 lemon, thinly sliced (optional)
- 1 1/2 - 2 pounds asparagus (medium or thin spears), tough ends trimmed
- 1/2 cup finely shredded parmesan cheese

Directions

1. Preheat oven to 400°F.
2. Line a rimmed 17 12-inch baking dish with parchment paper.
3. Place salmon in center of pan.
4. In a mixing bowl mix together 1 1/2 tbsp. olive oil, the lemon zest, lemon juice, 2 garlic cloves, Dijon, and onion powder.
5. Brush evenly over top of salmon then sprinkle with 1/2 tsp. salt and pepper (add more pepper to taste if desired).
6. Top with lemon slices.
7. Toss asparagus with remaining 1 tbsp. olive oil, remaining 2 cloves garlic and season with salt; then place around salmon.
8. Bake in preheated oven for 10 minutes.
9. Remove from oven; toss asparagus then sprinkle asparagus with parmesan.
10. Return to oven and bake until salmon has cooked through, 5 - 10 minutes longer. Cut salmon into portions. Serve warm.

Nutrition Facts

Serving Size (232g)
Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 150**

% Daily Value*

Total Fat 17g **26%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 85mg **4%**

Total Carbohydrate 8g **3%**

 Dietary Fiber 3g **12%**

 Sugars 3g

Protein 24g

Vitamin A 15% • **Vitamin C 25%**

Calcium 10% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

