

Baked Salmon and Asparagus



SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 12 MIN

INGREDIENTS

- 1 large bundle asparagus, ends removed
- 2, 5 oz wild caught salmon filet, skin on
- Juice of one lemon
- 3 tbsp avocado oil
- 2 tsp dried rosemary
- 3-4 cloves garlic, minced
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Mix together avocado oil, lemon juice, rosemary, garlic, salt, and pepper.
3. In a glass baking dish, coat the salmon and asparagus with the avocado oil mixture.
4. Cook in oven for 9-12 minutes.

NUTRITION INFO

Calories: 386, Carbohydrate: 4 grams, Protein: 31 grams, Fat: 27 grams