SALMON & ASPARAGUS FOIL PACK WITH GARLIC LEMON BUTTER SAUCE

By Dr. Cindy Tanzar
(Standard)

When you are looking for something quick and easy that tastes delicious, this recipe won't disappoint. Baking everything together in a foil pack not only cuts down prep time in the kitchen, it also makes for easy clean-up! The bright lemon is great with the butter and garlic, and a little hot sauce makes it even better. It's definitely a winner!

Makes 2 servings. One serving equals 3 oz. of cooked salmon and one cup of asparagus, and your fat is covered in the recipe.

INGREDIENTS

2 salmon fillets
1 lb. medium-thick asparagus, woody ends trimmed
2 Tbs. vegetable or chicken broth
1-1/2 Tbs. fresh lemon juice, or to taste
1 Tbs. Franks Hot Sauce (optional or to taste)
4 tsp. garlic, minced
4 Tbs. Kerry Gold butter, diced into small cubes
Garnish with fresh chopped parsley, cilantro or dill, optional

Pink Himalayan salt & fresh-ground pepper, to taste

INSTRUCTIONS

Preheat oven to 425°F. Cut two sheets of 14"x12" heavy duty aluminum foil and lay out on the countertop. Make the sauce in a small bowl by combining the broth, lemon juice and hot sauce.

Place 1 salmon fillet on each piece of foil in the center and the asparagus next to the side of the salmon lengthwise. Drizzle the sauce over the fillets, then sprinkle the garlic, salt and pepper over the salmon and asparagus.

Divide the butter pieces evenly among the foil packets. Wrap the edges of the foil towards the center, crimping the edges, then seal the ends. Don't wrap too tightly – leaving space for heat to circulate.

Place onto a baking sheet and bake until salmon has cooked through, approximately 10-12 minutes or more, depending on the size of your fillet.

Carefully unwrap the packets and sprinkle on the garnish. Enjoy!

Notes: If you like your salmon and asparagus crispier, leave the foil open and broil for 3-5 minutes instead. Thicker asparagus can take longer to cook, so you can blanch it first in boiling water for a few minutes.