

Baked Salmon



Ingredients:

- 2 salmon fillets
- 1 tbsp extra-virgin olive oil
- Sea salt and ground fresh black pepper
- 1 tsp dried oregano
- 16 asparagus spears
- 4 slices of lemon
- 1 tsp fresh parsley, chopped

Instructions:

1. Preheat oven to 400F.
2. In a medium bowl, place the two pieces of salmon. Pour 1 tbsp olive oil and sprinkle sea salt, pepper, and dried oregano.
3. Cut two sheets of foil. It has to be big enough to wrap the salmon and asparagus.
4. First place asparagus (about 8 spears) on the sheet of foil.
5. Layer fillets over asparagus.
6. Then top each with about 2 lemon slices.
7. Wrap sides of foil inward over salmon then fold on top and bottom of foil to enclose.
8. Place foil packets in a single layer on a baking sheet.
9. Bake in preheated oven for about 12-15 minutes. (The time will depend on the thickness of your salmon and the power of your oven.)
Unwrap and using a large spatula, transfer the foil packets to plates. Serve warm