

Welcome Spring with Bright, Fresh Flavors



Baked Lemon Salmon with Parsley Potatoes

Serves: 1 | Serving Size: 1 plate

Ingredients:

1 3-ounce salmon fillet
1/2 lemon, halved
1 Yukon gold potato
1/4 teaspoon butter
1 teaspoon fresh parsley
4 asparagus spears
1 teaspoon fat-free Thousand Island dressing
1 slice of tomato

Directions:

Preheat the oven to 425 degrees Fahrenheit (F).

Season the salmon fillet with salt and pepper. Place the salmon, topped with the thin slice of tomato, in a glass pie pan. Arrange the lemon slices on either side of the fish. Put the dish in the oven and bake until the salmon reaches an internal temperature of 145 degrees F.

Meanwhile, microwave the potato for 3 minutes, then add it to the plate in the oven. Place the asparagus in a pan and bake it with the fish for the last 5 or 6 minutes of cooking. You want the asparagus to be crisp-tender, not yet limp.

Place the salmon with the tomato on the plate and squeeze the lemon over the fish. Add the potato and garnish with the butter and parsley. Add the asparagus and pour a drizzle of Thousand Island dressing over it.

Nutrition Information:

Serves 1. Each serving has 521 calories, 18 g fat, 4 g saturated fat, 0 g trans fat, 145 mg cholesterol, 150 mg sodium, 32 g carbohydrate, 4 g dietary fiber, 4 g sugar, and 55 g protein. Each serving also has 15% DV vitamin A, 46% DV vitamin C, 6% DV calcium, and 22% DV iron.

Chef's Tips:

This dish can be a fast weeknight meal or a festive addition to a dinner party.

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