

# Baked Lemon Salmon and Parsley Potato Dinner

Mar 23, 2016



Serves: 1 | Serving Size: 1 plate  
Total Time: 20 min | Prep: 5 min | Cook: 15 min

## Ingredients:

3 ounces salmon  
1/2 lemon  
1 Yukon gold potato  
1/4 tsp butter  
1 tsp fresh parsley  
4 asparagus spears  
1 tsp fat free Thousand Island dressing  
1 slice of tomato



## Directions:

Preheat the oven to 425F.

Season the salmon fillet with salt and pepper. Place the salmon, topped with the thin slice of tomato, with lemon wedges along side, in a glass pie pan in the oven. Bake the fish until it reaches an internal temperature of 145 degrees F.

Meanwhile, microwave the potato for 3 minutes then add it to the oven. Place the asparagus in a pan and bake it with the fish for the last 5 or 6 minutes. You want the asparagus to be crisp tender.

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

Serves 1. Each 1 plate serving: 521 calories, 18g fat, 4g saturated fat, 0g trans fat, 145mg cholesterol, 150mg sodium, 32g carbohydrate, 4g fiber, 4g sugars, 55g protein.

## Allergens: Milk, Egg, Fish

\* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

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