



LEMON HERB SALMON AND ASPARAGUS WITH QUINOA

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Salmon Fillet	4 Oz.	Lemon Zest	1 Tsp.
Asparagus, trimmed	1 Cup	Garlic Powder	1 Tsp.
Cooked Quinoa	¼ Cup	Dried Dill	1 Tsp.
Olive Oil	1 Tsp.	Salt and Pepper	To Taste
Fresh Lemon Juice	1 Tbsp.		

SERVING SIZE

1

PREPARATION

- Preheat oven to 400°F.
- Place salmon and asparagus on a baking sheet.
- Drizzle with olive oil and lemon juice. Sprinkle with lemon zest, garlic powder, dill, salt, and pepper.
- Roast for 12-15 minutes, or until the salmon flakes easily with a fork.
- While the salmon cooks, prepare quinoa according to package directions.
- Serve salmon and asparagus alongside the cooked quinoa.
- Garnish with an extra squeeze of fresh lemon, if desired.