



Servings 4

Prep Time 5 min

Cooking Time 20 min

Baked Salmon with Asparagus and Radishes



Directions

Step 1

Take salmon out of the refrigerator one hour prior to cooking. Preheat oven to 350° Fahrenheit. Cut out 4 pieces of aluminum foil, each big enough to wrap one serving. Divide sliced radishes and asparagus between the four pieces of foil, and season with a drizzle of oil, salt and pepper.

Step 2

Pat salmon dry with paper towels. Coat each piece with oil and season to taste. Divide the salmon between the foil. Place lemon slices on top of each piece of fish.

Step 3

Fold over the foil and crimp edges to form 4 packets. Place them on rimmed cookie sheets. Bake in a 350° oven for about 20 minutes, or until internal temperature in the thickest part of the salmon reaches 130 degrees. Serve immediately.

Ingredients

4 salmon portions

12 ounces of fresh asparagus, woody ends snapped

About 12 small radishes, thinly sliced

Oil

Salt and pepper, to taste

Lemon slices

