

Heart Healthy Salmon with Garlic Butter

Pre-heat oven to 400 degrees F. (200 C) Another option is to Broil or grill the last couple of minutes to get crispy edges.

Ingredients:



Garlic 2 Tablespoons minced, add fresh parsley

Lemon 1/3 cup freshly squeezed

1 tsp Sea Salt

1/2 tsp Black Pepper

4 Bunches of Asparagus (24 spears) ends removed

1 Lemon, sliced to garnish

Instructions:

1. Mince your garlic cloves and rub all over the salmon fillets. Don't have garlic? Use olive oil instead. Sprinkle with Parsley
2. Combine lemon juice with melted butter and Parsley and pour it all over the salmon.
3. Place salmon in oven on baking dish, add seasonings.
4. Cook Asparagus in separate dish alongside. Top with lemon seasonings also.
5. Check salmon temperature with meat thermometer. Cook about 8 minutes or to 145 degrees F. Garnish with sliced lemon.