

Baked Salmon with Vegetables



Servings: 4

Nutrition Information:

9g carbohydrates

223 calories

11g fat

2g saturated fat

50mg cholesterol

270mg sodium

3g fiber

24g protein

Ingredients:

4 small salmon filets

2 cups fresh green beans or asparagus

½ cup diced white onion

1 ½ cups cherry tomatoes, cut in half

1 tbsp. olive oil

2 tbsp. minced garlic

Juice from one lemon with zest

1 tbsp. dried basil

¼ tsp. salt

½ tsp. ground black pepper

Directions:

1. Preheat oven to 400° F.
2. Place salmon skin side down in the middle of a large baking dish (9X13). Place green beans on one side of the fish with onion and place tomatoes on the other side of the fish.
3. Drizzle olive oil and add seasoning to top of fish. Bake uncovered for 20 minutes or until salmon is flaky.