



## Salmon & Asparagus w/ Garlic Butter

### Info:

Makes 4 Servings      330 Calories per Serving

**LOW CAL**

### Ingredients:



- ❖ 1 ½ lbs Salmon
- ❖ 1 lb Asparagus
- ❖ 4 Tin Foil Sheets (about 1 ½ feet in length)
- ❖ 2 Cups Cooked Rice

### Lemon-Garlic Butter:

- ❖ ½ Cup I Can't Believe It's Not Butter Fat Free (5 calories/Tbsp)
- ❖ 3-4 Cloves Garlic, pressed or finely minced
- ❖ 2 Tbsp Lemon Juice
- ❖ ¼ tsp Salt
- ❖ 1/8 tsp Pepper

### Preparation:



1. Preheat oven to 450°
2. Begin cooking rice
3. Cut the salmon into 4 equal pieces (about 6oz each)
4. Rinse the asparagus and snap off the bottom woody part
5. In a small bowl melt the butter in the microwave (30 seconds)
6. Mix in the salt, pepper, lemon juice and garlic, microwave longer if the butter is not creamy/soft enough
7. Brush butter in the middle of each foil piece (the same size as the salmon steak) and then place the salmon on the foil
8. Brush butter generously onto the salmon steak then place the asparagus on top
9. Brush more butter onto the asparagus, use the rest of the butter in this step
10. Bring up the sides of the foil and fold over twice to seal, then fold the ends to seal those (try leaving a nice air pocket inside the foil, don't mash it down)
11. Place the foil packets on a baking sheet and bake 15-18 minutes
12. Serve salmon and asparagus with rice, and pour butter and juices from the foil pack over the plate, serve hot!