

Rosemary Salmon and Veggies

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Servings: 4

*1 1/2 pounds salmon fillets,
cut into four portions
2 tablespoons coconut oil or
olive oil, melted
2 tablespoons balsamic
vinegar
2 teaspoons fresh
rosemary, minced
1 clove garlic, minced
1/2 teaspoon salt
1 pound fresh asparagus,
trimmed
1 medium sweet red
pepper, cut into one-inch
pieces
1/4 teaspoon pepper
lemon wedges*

Preheat the oven to 400 degrees.

Place the salmon in a greased 15x10x1-inch baking pan.

In a bowl, combine the oil, vinegar, rosemary, garlic and salt. Pour one-half over the salmon.

Place the asparagus and red pepper in a large bowl. Drizzle with the remaining oil mixture. Toss to coat. Arrange around the salmon in the pan. Sprinkle with pepper.

Bake until the salmon flakes easily with a fork and the vegetables are tender, 12 to 15 minutes.

Serve with lemon.

Per Serving (excluding unknown items): 235 Calories; 6g Fat (23.6% calories from fat); 37g Protein; 8g Carbohydrate; 3g Dietary Fiber; 89mg Cholesterol; 384mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat.