 **Salmon Foil Pack**

*Serves 2*

**Ingredients**

8oz Salmon

½ lb Asparagus

1 Lemon

¼ cup Parmesan cheese

4 tsp olive oil

1 clove garlic

Salt and pepper

Fresh Dill Sprigs for garnish

**Directions**

1. Preheat oven to 400 degrees F.
2. Lay out two pieces of aluminum foil, big enough to fold around salmon and asparagus.
3. Mix olive oil and garlic in a box. Split the asparagus into two bunches and lay each bunch on a piece of aluminum foil. Drizzle 1tsp olive oil mixture over each asparagus bunch and sprinkle with salt and pepper.
4. Cut salmon into two filets and lay one over each asparagus bunch. Drizzle each filet with 1tsp olive oil mixture and season with salt and pepper.
5. Cut the lemon in half and thinly slice on of the halves. Save the other half to squeeze over salmon after cooked. Top each salmon filet with lemon slices and a few sprigs of dill.
6. Bring long sides of foil up and roll down to close. Roll up shorter sides to close.
7. Place pouches on a baking sheet and bake 25-30 minutes. Garnish with lemon juice from uncut half of lemon

Tip: Make these pouches ahead of time and bake when you are ready to eat them!

**Nutrition**

*320 cals, 5g carb, 28g protein, 20g fat*