

Salmon Packs

Suggested Servings: 4

It's no surprise that salmon is in our heart healthy recipe box. A solid source of omega-3 fatty acids gives you heart healthy benefits. Consuming seafood twice a week will provide you with recommended amount of omega-3s. In addition, this receipt is loaded with veggies keeping you full of goodness!

INGREDIENTS

4 SALMON FILETS
SALT AND PEPPER
2 TBSP EVOO
1 TBSP LIME JUICE
ZEST OF ONE LIME
2 SMALL ZUCCHINI, SLICED
2 SMALL YELLOW SQUASH, CLICED 1 POUND
ASPARAGUS
1 SMALL RED ONION CUT INTO CHUNKS
1 RED PEPPER, SLICED
1 LIME CUT INTO 4 WEDGES FRESH PARSLEY
(FOR GARNISH)



DIRECTIONS

STEP 1: Heat grill or grill pan to medium heat. Cut 4 sheets of foil, enough to wrap salmon and veggies. Place salmon in center and divide veggies into each packet.

STEP 2: In a small bowl, add EVOO, lime juice, and zest. Mix. Pour evenly into each packet. Add lime wedge to each packet, and pull sides of foil up so the edges meet. Seal.

STEP 3: Place salmon packets on grill or grill pan for 13-15 minutes, flipping fillet about halfway through. Serve carefully by opening packets and garnish with parsley.

GF This recipe is gluten free as written.

V De-construct and layer veggies over quinoa

Nutrition per Serving: Calories: 347, Total Fat: 18g, Carbs: 11g, Protein 38g, Fiber 4g. Sugars, 6g.

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