

BAKED SALMON AND ASPARAGUS

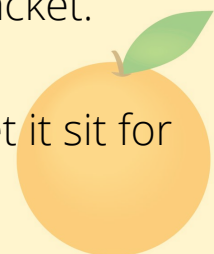


INGREDIENTS

- 1 salmon filet
- 1 bundle of asparagus
- Juice from 1/2 an orange (1/4 cup fresh)
- 1 tbsp honey
- 1 tbsp low sodium soy sauce
- Small amount of olive oil
- Half an orange sliced

INSTRUCTIONS

1. Preheat oven to 350 degrees F and line a baking sheet with foil.
2. Rinse and cut the edges of the asparagus
3. Mix the orange juice, honey, soy sauce and olive oil together
4. Place the filet in a bowl and pour the mixture over the salmon.
5. Place asparagus on the foil and place marinated salmon on top.
6. Fold edges of foil to make sure that it holds the liquid. Use another sheet of foil to lightly cover, creating a packet.
7. Bake in oven for 15 minutes.
8. Remove the packet and add sliced orange and let it sit for another 5 minutes.



NUTRITION FACTS

Serving Size: 1

Number of Servings: 1

Calories	567
Total fat	29g
Saturated fat	5g
Cholesterol	95mg
Sodium	630mg
Total carbohydrates	41g
Dietary fiber	6g
Sugar	29g
Protein	44g
Calcium	15%
Iron	10%
Potassium	205mg
Vitamin A	37%
Vitamin C	61%

