

Lemon-Garlic Salmon & Asparagus

A bright, simple sheet-pan supper with tender salmon, lemon and juicy tomatoes.

Serves 2 | Prep 10 min | Cook 12-18 min

INGREDIENTS

- 2 salmon fillets (5-6 oz each), thawed
- 8 oz asparagus, woody ends trimmed
- 1 cup cherry tomatoes, halved
- 1 1/2 tbsp olive oil, divided
- 2 garlic cloves, minced
- 1 lemon: 1 tbsp juice, plus slices
- 1/2 tsp dried oregano
- 1/4 tsp salt; 1/4 tsp black pepper
- 1 tbsp chopped fresh parsley

DIRECTIONS

1. Heat oven to 400°F. Line a rimmed sheet pan with parchment rated for this temperature.

2. Toss asparagus and tomatoes with 1/2 tbsp oil and half the salt and pepper. Spread around the edges; place salmon skin-side down in the center.

3. Mix remaining oil, garlic, lemon juice, oregano and remaining seasoning. Spoon over salmon; add lemon slices.

4. Bake 12-18 minutes, depending on thickness, until salmon reaches 145°F in the thickest part. Remove fish when done; roast vegetables longer if needed.

5. Sprinkle with parsley and serve.

COOK'S NOTE For thick asparagus, roast the vegetables 5 minutes before adding salmon.