Oven-Baked Salmon with Roasted Asparagus

Tender salmon fillets baked to perfection alongside crisp roasted asparagus, creating a healthy, flavorful, and low-carb meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 salmon fillets (6 oz each)
- 1 bunch asparagus (about 12 spears), trimmed
- 2 tbsp olive oil
- 1 lemon, sliced
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- Optional: fresh parsley for garnish

Instructions

1. Preheat oven to 400°F.
2. Place salmon fillets on a lined baking sheet. Drizzle 1 tbsp olive oil over salmon.
3. In a bowl, toss asparagus with remaining olive oil, garlic, salt, and pepper.
4. Arrange asparagus around salmon on the baking sheet.
5. Sprinkle oregano evenly over salmon and asparagus.
6. Place lemon slices over salmon fillets.
7. Bake for 15-18 minutes until salmon flakes easily with a fork and asparagus is tender-crisp.
8. Garnish with fresh parsley if desired and serve immediately.

powered by dishgen