Oven-Baked Salmon with Roasted Asparagus

A simple, protein-packed meal featuring tender baked salmon and crisp roasted asparagus, perfect for a healthy low-carb dinner.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 salmon fillets (6 oz each)
- 1 bunch asparagus (about 12 spears), trimmed
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice
- Salt and pepper to taste
- 1 tsp dried dill or 1 tbsp fresh dill, chopped

Instructions

1. Preheat the oven to 400°F.
2. Place salmon fillets on a baking sheet lined with parchment paper.
3. In a bowl, toss asparagus with olive oil, garlic powder, salt, and pepper.
4. Arrange asparagus around the salmon on the baking sheet.
5. Sprinkle lemon zest and dill over the salmon.
6. Drizzle fresh lemon juice over both salmon and asparagus.
7. Bake for 12-15 minutes, until salmon flakes easily with a fork and asparagus is tender-crisp.
8. Serve immediately, dividing salmon and asparagus between two plates.

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