

Sheet-Pan Salmon

Ingredients:

- 1 pound asparagus, ends trimmed
- 1 pound baby red potatoes, thinly sliced
- 2 Tbs olive oil, divided
- salt and pepper to taste
- 6 Tbs melted butter
- 1 Tbs minced garlic
- 2 tsp. Italian seasoning
- 1 Tbs lemon juice
- 2 pounds of fresh wild caught salmon, skin on
- Old Bay seasoning to taste, optional
- fresh parsley for garnish

Preheat oven to 450 degrees. Grease a sheet pan with cooking spray. Place potatoes in a bowl and drizzle with one tablespoon olive oil, adding salt and pepper to taste. Drizzle remaining olive oil over asparagus and season to taste with salt and pepper. In a separate small bowl, whisk together melted butter, garlic, Italian seasoning, and lemon juice. Place salmon in the center of the pan and sprinkle with Old Bay seasoning (optional). Surround salmon with baby potatoes and asparagus. Drizzle butter mixture on top of salmon (and a little on the veggies). Place in oven and bake 20 to 25 minutes. Remove and add fresh parsley. Serve and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Throw kindness around like confetti." - Anonymous