



## Easy Salmon Dinner

2 small to med. Sweet potato  
 .75 lbs. fresh salmon  
 1.5 t. olive oil  
 Juice from ½ lemon  
 Dried or fresh dill weed  
 Fresh ground black pepper

½ - 1 lb. asparagus  
 1 t. olive oil  
 Fresh ground black pepper  
 sea salt  
 lemon for slices and wedges

Heat oven to 400 degrees. Clean sweet potatoes, wrap in foil and place in oven before starting anything else. Will take about 30 min. to bake

Line a jelly roll pan with foil, shiny side down. Cut salmon into 2 pieces, place on pan. Mix the juice of ½ lemon with olive oil. Drizzle mixture over the salmon, sprinkle top with dill weed and black pepper. Place in hot over for 8-12 minutes depending on desired doneness.

Clean asparagus, dry and place on another shallow pan. Sprinkle with olive oil, pepper and sea salt – with hands roll around pan to coat the asparagus – only takes about 6 minutes in the oven.

For even quicker prep, use a bag of frozen sweet potatoes and steam in micro wave – about 4-5 min.

Serves 2