Baked Cilantro Lime Salmon with asparagus

Ingredients

2 lb salmon filets, skin removed

2 T lime juice

2 T honey

1 bunch cilantro, minced well

½ tsp cumin

2 T olive oil

S+P TT

2 lb asparagus

Procedure

1. Preheat oven to 350F
2. In a small bowl, combine lime juice, garlic, honey, cilantro, olive oil and cumin. Stir well to mix and set aside
3. Season salmon with S+P TT on a large piece of foil in a baking dish
4. Pour the cilantro lime sauce over the salmon, and close up the foil over the salmon, covering completely
5. Bake for 10-12 minute, or until salmon is solid to the touch
6. Prepare asparagus and sweet potatoes, the portion out and serve

Roasted Asparagus

2 lb asparagus

S+P TT

Garlic Powder TT

As Needed: Olive oil

1. Preheat oven to 350F
2. Cut the bottoms off of all the asparagus stalks and wash well
3. Toss the washed asparagus with the salt, pepper and garlic powder to taste
4. Add olive oil, and toss again to coat.
5. Bake in the oven in a baking dish for 11-13 minutes, checking for the correct tenderness
6. Serve with salmon