Salmon with Orange and Lemon

Juice of 1 orange

Juice of 2 lemons

1.5lb salmon filet

S+P TT

1. In a large baking dish, combine orange juice, lemon juice, soy sauce and olive oil
2. Remove skin from salmon and discard
3. Season salmon on both sides with S+P
4. Add salmon to juice mixture and marinate in the refrigerator for 45 minutes per side
5. Preheat broiler and broil salmon 6 inches from heat source for 10-12 minutes
6. Spoon juices over salmon 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 and any starch you prefer.