Salmon with rosemary and garlic plus asparagus

Ingredients

Aluminum foil

1.5 lb salmon, skin removed

5 sprigs fresh rosemary

2 small lemons

S+P TT

4 cloves minced garlic

2 lb asparagus

1.5 lb sweet potatoes

Procedure

1. Preheat oven to 350F
2. Place salmon onto a sheet of aluminum foil, then sprinkle salmon with S+P TT, place rosemary sprigs, minced garlic and slices of lemons onto salmon. Wrap up in aluminum foil, then place in a baking dish
3. Bake for 5 minutes, flip salmon, and cook for another 3 minutes, checking how done the fish is, and stirring the asparagus
4. Once fish is starting to solidify, remove from oven and let rest, then unwrap and portion out

Roasted Asparagus

3 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