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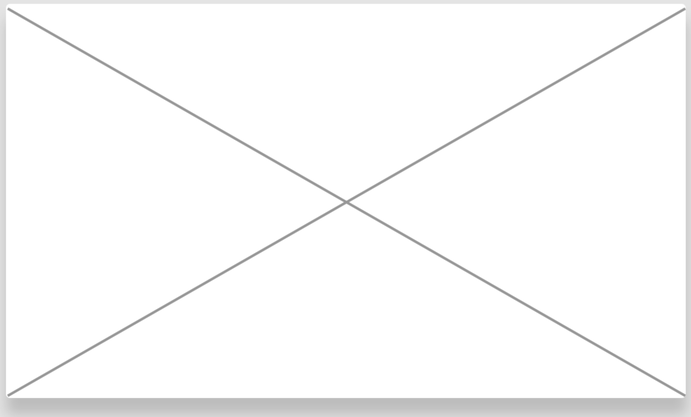
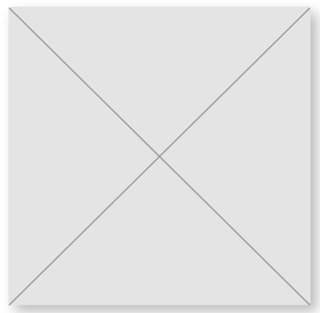


Salmon with asparagus

Ingredients

Directions

snipped fresh Italian (flat leaf) parsley
finely shredded lemon peel
fresh or frozen salmon
ground black pepper
fresh asparagus spears
olive oil
salt
garlic



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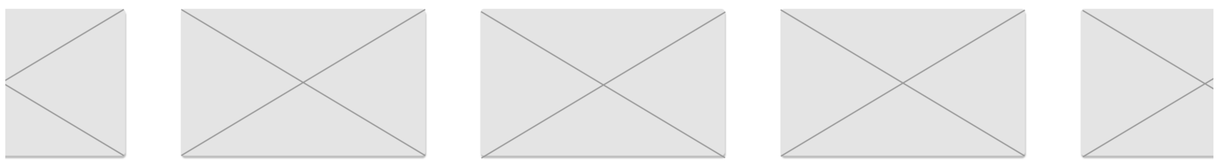

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Salmon with asparagus

Ingredients

Directions

1. That fish, if frozen. Line a large shallow roasting pan with foil and place pan in a cold oven; heat oven to 450 degrees F. Meanwhile, in a small bowl combine parsley, lemon peel, and pepper. Remove half of the parsley mixture and set aside. Cut salmon into 4 portions. Rub remaining half of mixture over skinless tops of salmon portions.

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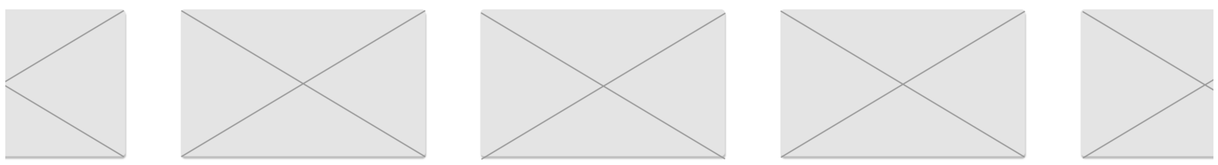

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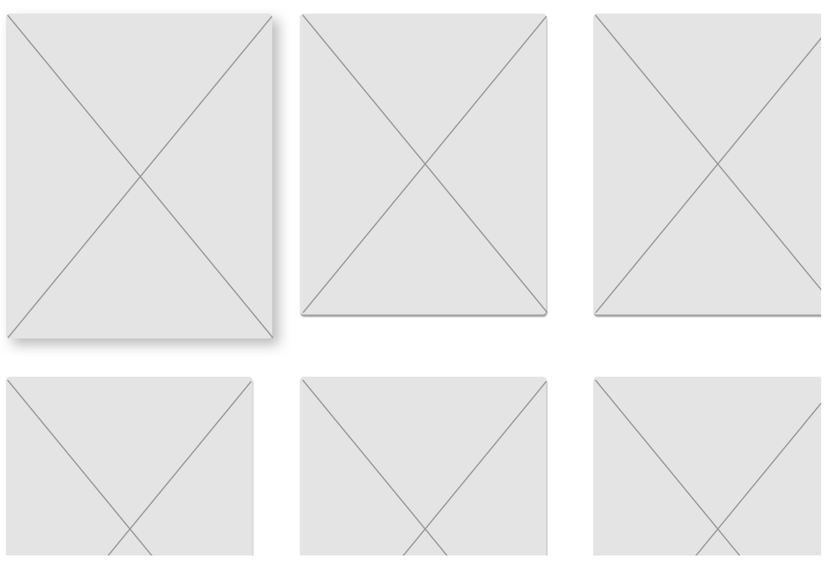
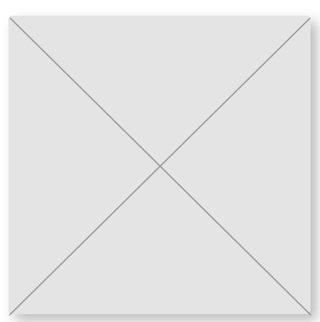


Salmon with asparagus

Ingredients

Directions

2. In a medium bowl combine asparagus, olive oil, and salt. Remove roasting pan from oven. Place fish portions, skin side down in the pan. Place asparagus in a single layer in the pan around the fish. Return pan to oven. Roast for 14 to 16 minutes or until fish flakes easily when tested with a fork and asparagus is crisp-tender.



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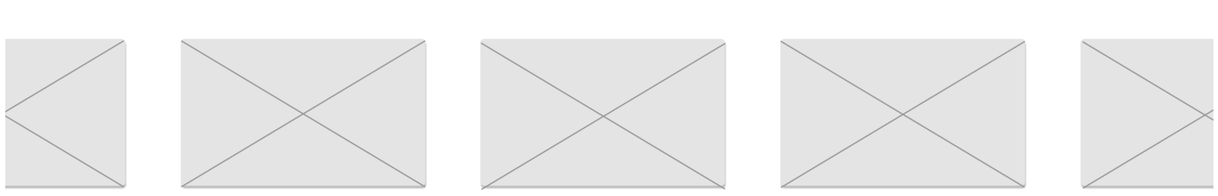

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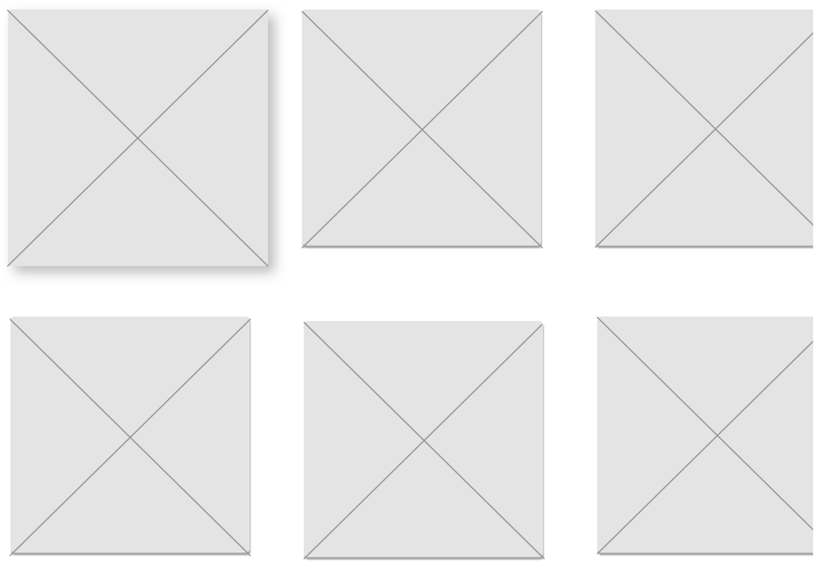
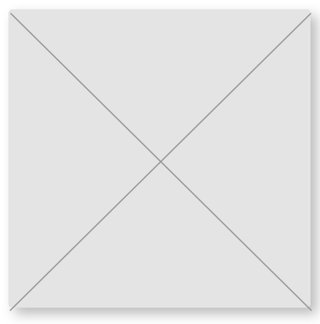
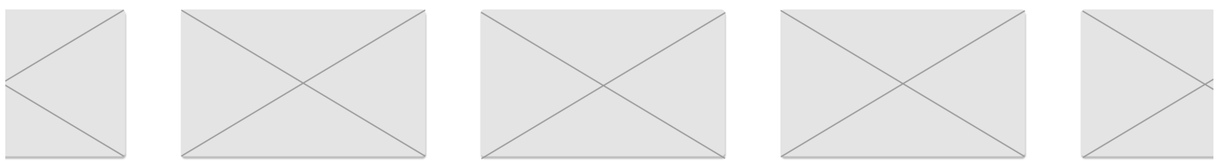


Salmon with asparagus

Ingredients

Directions

3. Add minced garlic to reserved parsley mixture. Sprinkle over cooked fish. Cut fish into 4 portions and serve with asparagus and lemon wedges.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