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SOUTH DAKOTA 57701

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Baked Salmon with Lemon & Asparagus

Serves 4

Flaky salmon, spring asparagus, and bright lemon flavors come together in this beautiful sheet pan dinner for the whole family. This menu features minimal prep time, and renders tasty, heart-healthy rewards. Great for fast weeknight dinners, make this no-hassle, one-pan meal tonight!

Ingredients:

1.5 lb. skin-on salmon fillet
1 large bunch of asparagus (roughly 20 spears)
2 cups snow peas, trimmed
1 shallot, finely sliced
1 small lemon, sliced into rounds

Garnishes:

Chives, chopped
Sesame seeds

Garlic Ginger Sauce:

6 cloves garlic, minced
1 lemon, zested and juiced
(about 1 1/2 tablespoons lemon juice)
1/4 cup soy sauce
1-inch fresh ginger root, finely grated
3/4 tablespoon Worcestershire sauce
4 tablespoons olive oil
1/2 teaspoon Kosher salt
1/4 teaspoon black pepper

Directions:

1. Preheat the oven to 425° F.
2. Prep the ingredients. Debone the salmon with fish tweezers. Trim off the woody bases of the asparagus stalks. Trim the snow peas and finely slice the shallot. Slice one lemon into thin rounds.
3. Whisk the sauce ingredients together in a small bowl or glass measuring cup.
4. Lightly grease a large sheet pan. Place the salmon fillet in the middle of the sheet pan, then arrange the asparagus, snow peas, and shallot around the fish. Place the lemon slices on top of the salmon.
5. Drizzle everything with the garlic ginger sauce, turning the asparagus and the snap peas with tongs so they are fully coated.
6. Bake in the hot oven for 15-18 minutes, or until the salmon is flaky and the asparagus and snow peas are crisp tender. Remove from the oven and sprinkle everything with the chives and sesame seeds. Add additional salt and pepper to taste. Serve immediately.