



Basil Salmon & Roasted Asparagus

shared by:
Fire Station 64
3355 NW 185th Ave., Portland



Ingredients

- 4 fresh or frozen skinless salmon fillets (about 1 1/4 lbs.)
- 1/2 teaspoon salt-free lemon-pepper seasoning
- 2 tablespoons butter, softened
- 1 teaspoon snipped fresh (or 1/4 teaspoon dried) basil or dill
- 1 teaspoon snipped fresh parsley
- 1/4 teaspoon finely shredded lemon or lime peel
- 1 bunch trimmed asparagus spears, roasted or steamed
- Freshly grated parmesan cheese

Directions

Rinse fish; pat dry with paper towels. Sprinkle with lemon-pepper seasoning. Place fish on the greased unheated rack of a broiler pan. Turn any thin portions under to make uniform thickness. Broil 4 inches from the heat for 5 minutes. Carefully turn fish over. Broil for 3 to 7 minutes more or until fish flakes easily when tested with a fork. Meanwhile, in a small bowl, stir together butter, basil, parsley, and citrus peel. To serve, spoon 1 teaspoon of the butter mixture onto each fish piece. Then, place steamed or roasted asparagus spears on top of each fish piece and sprinkle with freshly grated parmesan cheese.

Nutritional Value Per Serving

Serves 4 | Calories: 294 | Protein: 28g | Carbs: 0g | Dietary Fiber: 0g | Fat: 19g | Sodium: 113mg

*This recipe is shared from the Diabetic Living Quick & Easy Meals Cookbook

Station 64 is situated at the junction of Highway 26 and 185th Avenue, serving the northern portions of Aloha and Hillsboro, Rock Creek, and other unincorporated neighborhoods of Washington County. The area has a service profile, including single – and multi-family dwellings, wildland/urban interfaces, hi-tech, commercial, and industrial occupancies.