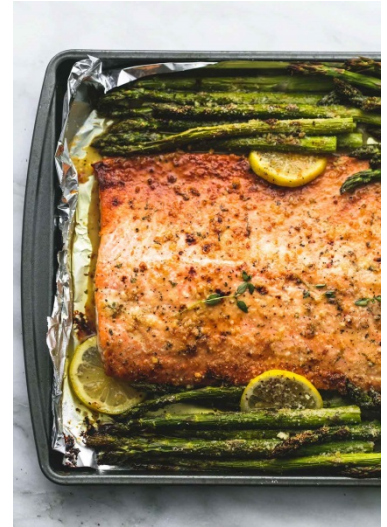


# 15-Minute Sizzling Salmon & Asparagus

**Prep time:** 15 minutes, **Cook time:** 14-16 minutes



## Ingredients

- 1 pound fresh or frozen salmon fillets with skin
- 2 tablespoons snipped fresh Italian (flat leaf) parsley
- 2 teaspoons finely shredded lemon peel
- ¼ teaspoon coarsely ground black pepper
- 1 pound fresh asparagus spears, trimmed and cut into 2-inch pieces
- 1 teaspoon olive oil
- 1 clove garlic, minced
- Lemon wedges (optional)

## Directions

1. Thaw fish, if frozen. Line a large shallow roasting pan with foil and place pan in a cold oven; heat oven to 450°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.
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.
3. Add minced garlic to reserved parsley mixture. Sprinkle over cooked fish. Serve with asparagus and lemon wedges.

# Vegetable Egg Muffins

Veggie Egg Muffins are a simple mixture of eggs and fresh veggies which are baked to perfection in a muffin tin to create easy and portable breakfast muffins!

**Prep time:** 10 minutes, **Cook time:** 22-25 minutes

Servings: 12 muffins



## Ingredients

- 3 cups mixed vegetables (*broccoli, mushrooms, peppers, spinach etc*)
- 1/2 teaspoon black pepper
- 1 teaspoon oil
- 1/2 teaspoon dry mustard powder
- 12 large eggs
- 3 tablespoons minced onion
- 1/4 cup skim milk
- 1 cup cheddar cheese
- 1/4 cup parmesan cheese

## Directions

1. Preheat oven to 350°F.
2. Chop vegetables and cook in 1 teaspoon of oil until tender crisp or excess liquid is removed. Cool.
3. Spray muffin tin very well with cooking spray.
4. Divide the vegetables, onion, and cheeses over 12 wells.
5. In a large bowl combine eggs, milk, and seasonings. Mix well.
6. Pour eggs evenly over each well. Bake 22-25 minutes or until set.
7. Remove from cups and serve warm or let cool completely and refrigerate/freeze to serve later.