



## **Salmon and Asparagus**

1 pound fresh asparagus spears, cut into 2-inch pieces  
1 1/2 teaspoons extra virgin olive oil  
Coarse sea salt and freshly ground pepper to taste  
1 pound fresh or frozen salmon fillets with skin  
1 teaspoon finely shredded lemon peel  
1 teaspoon snipped fresh parsley

Place two (1 large and 1 medium) cast-iron skillet or oven-safe heavy skillet in a cold oven; heat oven to 450 degrees F. In a medium bowl combine asparagus and 1/2 teaspoon olive oil; sprinkle with salt and pepper. Brush the remaining teaspoon of olive oil on both sides of fish; sprinkle lightly with salt and pepper.

Carefully remove hot skillet from oven. Place fish, skin side down, in the large skillet. Place asparagus in the medium skillet. Return skillet to oven. Bake for 12 minutes, or until fish flakes easily when tested with a fork and asparagus is crisp-tender.

Sprinkle lemon peel and parsley on fish and serve. Makes 4 servings.

Nutrition information per serving: 267 calories, 28 grams protein, 18 grams fat, 4 grams carbohydrate, 72 mg sodium.