

Salmon & Vegetable Packets

Serves 2

Ingredients:

- 1 6oz. Wild caught Alaskan Salmon fillet
- 6oz frozen California Medley (broccoli, cauliflower, carrots, with or without French cut green beans)
- ½ tsp dried dill weed
- ¾ tsp sea salt
- 1/8 tsp freshly ground black pepper
- 2 Tbsp pastured butter
- 1/8 c chicken broth

Directions:

- Heat oven to 450°.
- Place each salmon fillet on a 12 inch square of aluminum foil (lined with parchment paper).
- Top each fish fillet on ¼ of the vegetables.
- Sprinkle with dill weed, sea salt, and pepper.
- Cut up 1 Tbsp butter and spread place on veggies.
- Drizzle 1 Tbsp broth over each mound of vegetables.
- Fold up sides of foil to make a tent; fold top edges over to seal.
- Fold in sides, making a packet; fold to seal.
- Place packets on ungreased cookie sheet.
- Bake about 20 minutes or until vegetables are crisp tender and fish flakes easily with fork.