Mustard Baked Salmon with Grilled Asparagus

Ingredients

5 oz wild salmon (measured raw)

1 tbsp dijon mustard

1/2 tbsp olive oil

1 tsp minced garlic

juice from half of a lemon

1 1/2 cup grilled asparagus

1/2 tbsp minced garlic

Directions

1. Set oven to 405 degrees F.
2. In a bowl, mix mustard, olive oil, garlic, and lemon juice.
3. Pour the marinade over the salmon to completely cover it. For better flavor, place the marinating salmon in the fridge for at least one hour.
4. Place the salmon on a baking sheet and top with slices of lemon (if desired). Bake for 10-12 minutes.
5. Cut the bottom stems off the asparagus spears.
6. Set a nonstick skillet on medium high heat and lightly spray with coconut or olive oil (if desired).
7. Toss the asparagus and garlic in the skillet and sear for about 5 minutes, rolling the asparagus so that all sides are seared.
8. Plate asparagus with salmon and eat up!

Nutrition Facts

Calories: 282
Fat: 16g
Carbs: 7g
Protein: 32g