



RECIPE OF THE WEEK

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Garlic Herb Salmon with Asparagus

*A healthy, flavorful, and easy
one-pan meal perfect for
any night of the week!*



INGREDIENTS

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp dried parsley
- Salt and black pepper to taste
- 1 bunch asparagus, trimmed
- 1 tbsp butter
- Lemon slices for garnish
- Fresh parsley for garnish



DIRECTIONS

- 1 Preheat oven to 400°F (200°C).
- 2 In a small bowl, whisk together olive oil, garlic, lemon juice, lemon zest, oregano, thyme, parsley, salt, and pepper.
- 3 Place salmon fillets on a parchment-lined baking sheet. Brush with half of the garlic herb mixture.
- 4 Arrange asparagus around the salmon. Drizzle with remaining mixture and dot with butter.
- 5 Bake for 12–15 minutes, or until salmon flakes easily with a fork and asparagus is tender.
- 6 Garnish with lemon slices and fresh parsley. Serve and enjoy!



HERBAL BENEFITS



Garlic – Supports heart health and immune function.



Oregano – Rich in antioxidants and may help support overall wellness.



Lemon – High in vitamin C and antioxidants that promote a healthy immune system.



BIBLE VERSE

Psalm 104:14 (KJV)

*“He causeth the grass to grow
for the cattle, and herb for the
service of man...”*

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