DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice salmon into 2-3” pieces.
3. Lay tin foil on a baking sheet, add olive oil.
4. Drizzle salmon with olive oil. Add salt, pepper, and spices of choice. Old bay is a quick, easy, and delicious choice!
5. Lay salmon on the baking sheet, skin down. Bake for 12-15 minutes or until fish is flaky.
6. Wash and dry asparagus. Chop off the wooden, white ends of the asparagus.
7. On a separate baking sheet, place the asparagus and drizzle with olive oil. Add salt, pepper, and garlic powder.
8. Bake for 12-15 minutes along with the salmon.
10. In a pot, measure 1.5 cups water for every cup rice. Add salt. Heat water until boiling.
11. Add rice and stir to make sure it does not stick, return to boil.
12. Add a splash of rice vinegar and sesame oil for flavor.
13. Cover and turn heat to low for 15 minutes.
14. Remove from heat and rest covered for 5 minutes.
15. Fluff and serve!

INGREDIENTS

1 lb Salmon
Olive Oil
Salt and pepper
1 tbsp Old bay or 1 tsp smoked paprika, 1 tsp garlic powder, 1 tsp celery salt, 1 tsp dried parsley
1 cup Rice
1.5 cup Water
Splash of rice vinegar (optional)
Splash of sesame oil (optional)
1 bundle of asparagus

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Submitted by: Maxim Petrovsky, M2
This recipe can be made in under 30 minutes for an easy dinner! Maxim started cooking this meal in effort to improve his health and lesson his carbon footprint.

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