



Salmon & Veggie Foil Packs with Honey Dijon

(Ready in under 30 minutes)



PREP TIME

10 MIN

COOK TIME

20 MIN

TOTAL TIME

30 MIN

SERVES

4



INGREDIENTS

- 2 lemons, thinly sliced
- 2 zucchini, sliced
- 1 yellow squash, sliced
- 1 red bell pepper, seeded and diced
- 10 ounces, cherry tomatoes, halved
- 4 salmon fillets, approximately 6-8 ounces each
- Salt + Pepper, to taste
- Fresh parsley, chopped

For the Honey Dijon Sauce

- 4 cloves garlic, minced
- ½ cup honey
- ¼ cup whole grain mustard
- 2 tablespoons fresh lemon juice
- Salt and Pepper, to taste

INSTRUCTIONS

Honey Dijon Sauce

Step One

In a small bowl whisk together the garlic, honey, whole grain mustard, fresh lemon juice, and salt and pepper.

Step Two

Divide the sauce in half and transfer to two separate bowls. Set each aside.

For the Salmon & Veggie Foil Packs

Step One

Preheat oven to 375° F or heat grill to medium heat.

Step Two

Prepare the Honey Dijon Sauce (instructions above).

Step Three

Cut 4 sheets of heavy-duty foil, approximately 12 x 18 inches each.

Step Four

Place 3 lemon slices in a line directly in the middle of each sheet of foil and place one salmon fillet directly on top of the lemons.

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NOTES

★ This recipe is delicious with just about any sauce including teriyaki, garlic butter, or even just a little olive oil with salt and pepper.

Step Five

Divide the vegetables into four equal portions. Arrange the vegetables on both sides of the salmon fillets. Sprinkle with salt and pepper, to season.

Step Six

Using sauce from the same bowl each time, top each salmon fillet with approximately 1 tablespoon of Honey Dijon Sauce (this is to prevent cross-contamination). Spread the sauce over the top of the salmon, spreading it evenly over the top. Drizzle with olive oil.

Step Seven

Fold the foil over the salmon and vegetables to close off the pack. Fold in the sides.

Step Eight

To cook in the oven: Transfer foil packets to a large baking sheet and bake for approximately 15 minutes, or until nearly cooked (cooking time will vary depending on thickness). Carefully remove baking sheet from the oven, peel back the top of the foil so that the salmon is exposed, and set oven to Broil. Return salmon packets to the oven and broil for 2-3 minutes, or until salmon registers 145° F with a digital meat thermometer, take extra care not to over-cook as they will burn.

Step Nine

To cook on the grill: Very carefully transfer each foil pack directly to your grill. Grill for approximately 14 minutes, or until salmon is nearly cooked (cooking time will vary depending on thickness of your fish). Carefully peel back the top of the foil so that the salmon is exposed. Continue to cook for an additional 3-4 minutes, or until salmon registers 145° F with a digital meat thermometer.

Step Ten

Remove salmon packets from the oven or grill and serve garnished with fresh chopped parsley and additional honey dijon sauce, if desired.