

Cajun Salmon and Asparagus

- 4 pieces 3 oz portions of salmon cod or halibut
- 4 tablespoons of cajun spice more if you like it super spicy
- 4 tablespoons garlic powder
- 1 tablespoon Himalayan sea salt
- 1/2 tablespoon freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- Juice of half a lemon
- Half a lemon, sliced
- 2 pounds of asparagus woody stalks removed



1. Preheat oven to 450-degrees. Place the salmon pieces skin side down on a large enough sheet pan to accommodate the fish and the asparagus.
2. Drizzle oil over the salmon and the veggies. Drizzle lemon juice over the salmon and veggies as well. Sprinkle the cajun spice, garlic powder, salt and pepper over the salmon and the asparagus.
3. Rub the mixture all over the salmon making sure that it is nicely covered in spicy goodness. Place the lemon slices on top of the fish. Toss the asparagus so it is evenly covered as well.
4. Place into the oven for 15 minutes or until the fish is flaky.

Serving Size = 3 ounces of salmon and 2 cups of veggies