



## Salmon and Asparagus Salad

*Adapted from South Beach Quick and Easy*

BAH Note: I scaled this recipe down to only two servings but the math is pretty simple to scale it up to make however many servings you like.

- 1 pound asparagus, ends trimmed
- 1 tablespoon olive oil
- 2 salmon fillets (approximately 6 ounces each)
- mixed salad greens

Heat oven to 450 degrees. Line a sheet pan with aluminum foil.

Coat the asparagus with olive oil and place on the sheet pan. Pat the salmon fillets dry with a paper towel, and add to the pan with the asparagus. Season with a pinch of kosher salt.

Roast for 10 to 15 minutes or until the fish flakes easily with a fork and the asparagus becomes tender.

Serve the salmon and asparagus on a bed of mixed greens topped with Miso Salad Dressing.

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*salmon and asparagus salad* was posted by wendi on 28 june 2010 at [bonappetitthon.com](http://bonappetitthon.com)