



TWO LEMON-GARLIC SALMON FOIL PACK WITH GREEN BEANS AND NEW POTATOES

INGREDIENTS

- 1 pound new potatoes (halved, thinly sliced)
- 2 teaspoons garlic (minced)
- 1 pound green beans (ends trimmed)
- 2 tablespoons canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 skinless salmon filets
- 1 to 2 lemons (sliced into wheels)



Selected by
Southern New England
American Heart Association
Board Chair, Renee Aloisio

NUTRITION FACTS

CALORIES	
394 PER SERVING	
PROTEIN	FIBER
40.4 G PER SERVING	5.3G PER SERVING

PREPARATION

Preheat oven to 400 degrees F. Make 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square) so it's extra sturdy.

Cut each potato into half lengthwise. Thinly cut each half into 1/8-inch slices and place into a heatproof container.

Stir in the minced garlic, cover, and cook the potatoes in the microwave until halfway tender, around 90 seconds to 3 minutes, depending on microwave's power.

Transfer mixture to a bowl, along with green beans, oil, salt, and pepper. Mix to combine.

Divide potato mixture into 4 equal portions into the center of each foil square. If possible, nudge green beans to face the same direction.

Top each portion with salmon fillet in the same direction as green beans for easier folding. Sprinkle garlic powder onto each salmon piece; top with 2 lemon wheels.

Securely seal the top and sides of each foil packet. Place each foil packet onto a large baking sheet and bake into the preheated oven. Cook until salmon is cooked through, about 20 minutes.

Remove from oven and place each foil packet onto a plate.

Carefully open each packet to serve.

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