



This is a simple, one-pan dinner that's a true nutrition powerhouse. Rich in protein and omega-3 fats, it provides key nutrients that support brain cell structure and cognitive function, while also delivering a broad range of essential vitamins and minerals. The flavors are fresh and savory, with just enough brightness from lemon and herbs.

INGREDIENTS

- 12 oz Wild-caught salmon fillet
- 1 lb Asparagus, trimmed (about 15–20 spears)
- 1 cup Cherry tomatoes, halved (about 15 tomatoes)
- 1 Tbsp Extra virgin olive oil
- 1 tsp Dried oregano
- Zest of ½ lemon + squeeze of fresh lemon juice
- Pinch Pink Himalayan salt and black pepper

GARNISH

- 2–3 Tbsp Crumbled feta
- 1 Tbsp Fresh parsley, finely chopped

INSTRUCTIONS

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Rinse the asparagus and tomatoes. Trim the woody ends of the asparagus (bend the ends—they will naturally snap where the tough part begins).
3. Place the salmon, asparagus, and cherry tomatoes on the baking sheet in a single layer.
4. Drizzle with olive oil and season with oregano, lemon zest, a squeeze of lemon juice, salt, and pepper.
5. Bake for 15 minutes, or until the salmon is cooked through and the asparagus is tender and bright green.
6. Finish with crumbled feta and fresh parsley before serving.

Nutrition (Based on 2000kcal)

430kcal/serving | **Macros:** Net Carbs 9.8 g (6.4 g fiber), Protein 43.7 g, Fat 22.3 g (5.3 g saturated)

Good source (10-19% DV): Calcium.

Excellent source (>20% DV): Fiber, Omega-3, Protein, B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B12 (cobalamin), Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Sodium, Zinc.