

# Fat Burning, Fast & Easy Salmon & Veggies in Foil



## Ingredients:

- Aluminum foil (approximately 10" x 10")
- (1 – 4oz.) Salmon filet, pre-cut into a 3" piece (flash frozen is great)
- (½ - 1 cup) Broccoli florets, chopped into small pieces
- (½ - 1 cup) Radishes, sliced
- (Handful) Baby carrots
- Olive oil spray
- Lemon pepper seasoning, or your favorite seasoning



**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30-35 minutes

**Servings:** 1

## Directions:

- Preheat oven to 375° F.
- Place salmon onto foil spray and season
- Place veggies into a bowl, spray with olive oil spray, season and toss to coat. (You can place veggies directly into foil and top with seasoning and season instead for an easier tailgate/picnic version)
- Tent and close foil leaving room for fish and veggies to breath and cook thoroughly
- Bake for 15-20 minutes or until salmon and veggies are cooked thoroughly

\*Keep in mind this is a very clean, low fat recipe and may cook faster. Keep an eye on it!

Can be served on a bed of shredded lettuce. Delicious and good for your weight loss!

Tailgating? Bring a 6-pack of Fresca along and drink out of champagne glasses. You'll feel like you splurged! Don't forget to bring your Lean Bars for dessert. But keep an eye on them, they will vanish!