



Mediterranean Salmon Packet Meal

Prep Time 10 mins
Total Time 30 mins
Meal Type Lunch,Dinner
Contributed By LivingPlateRx
Source Living Plate Teaching Kitchen



Servings 4

Ingredients

lb,c g,ml

- 1 Zucchini, medium, *Sliced into half circles*
- 1 cups Cherry Tomatoes, *Halved*
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 1/2 lb Salmon, skinless (6 oz per fillet)
- 4 Tbs Olive Oil
- 4 Garlic Cloves, *Minced*
- 1 Lemon, *Juiced and Zested*
- 1/2 tsp Red Pepper Flakes
- 1/4 cups Parsley, fresh, *Chopped*

Directions

Prep

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash and cut all vegetables.
3. Prepare a 10x12 inch piece of tinfoil and parchment paper for each serving.

Make

1. Spread out each piece of tinfoil on a baking sheet and top each with a piece of parchment paper. Slightly crimp the edges to prevent juices from running.
2. Fill each packet with zucchini and cherry tomatoes. Season with salt and pepper. Top with salmon.
3. In a small bowl, whisk together olive oil, garlic, lemon juice and zest, and crushed red pepper flakes. Pour mixture over the salmon.
4. Fold the edges of the packet over the salmon and fold to seal. Bake for 12 to 15 minutes. Remove from the oven and allow to cool for 2 minutes before opening. Caution: steam will escape the packet when opened.
5. Garnish opened packets with fresh parsley and serve.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	391	Total Fat 24.7g	38%	Total Carbohydrates 6g	2%
		Saturated Fat 3.6g	18%	Dietary Fiber 2g	6%
		Trans Fat 0.0g		Total Sugars 3g	
		Cholesterol 94mg	31%		
		Sodium 377mg	16%	Protein 35g	
Vitamin D 0mcg 0% · Calcium 50mg 5% · Iron 2mg 12% · Potassium 1181mg 25%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)