



## Poached Salmon

### INGREDIENTS

8 oz. salmon fillet, cut in half  
1 small yellow squash, cut into half-moons  
10 mushrooms, sliced  
2 TBSP olive oil, divided  
1½ TBSP fresh lemon juice  
½ TSP dried thyme

1 small zucchini, cut into half-moons  
¼ medium onion, diced  
½ clove garlic, minced  
Salt and freshly ground black pepper  
1 large tomato, diced  
½ TSP dried oregano

### DIRECTIONS

Preheat oven to 400F. Cut 2 sheets of aluminum foil about 1½ feet in length. Toss zucchini, squash, onions, mushrooms, and garlic together with 1 TBSP of olive oil. Season with salt and pepper to taste, and divide between the 2 sheets of foil. Brush salmon fillets with ½ TBSP of the olive oil, season with salt and pepper, then place one fillet over each layer of veggies on the foil. Drizzle with lemon juice. Toss together tomatoes, thyme, and oregano with remaining ½ TBSP olive oil and season lightly with salt and pepper. Divide tomato mixture over salmon fillets. Wrap sides of foil inward, then fold up ends to seal. Place on a rimmed baking sheet and bake in a preheated oven until salmon has cooked through, about 25-30 minutes (cook time may vary based on thickness of salmon fillets). Carefully open foil packets and serve warm. Makes 2 servings; 380 calories each.