

Easy Salmon Packets

2 Servings

Prep: 15 min.

Bake: 20 min.

Ingredients

- 2 salmon fillets (4 ounces *each*)
- 2-1/2 cups sliced fresh mushrooms
- 1 medium tomato, chopped
- 1 garlic clove, minced
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup shredded Parmesan cheese

Directions

- Place each fillet on a double thickness of heavy-duty foil (about 12 in. square).
- Top with mushrooms, tomato, garlic, basil, salt and pepper.
- Fold foil around salmon and seal tightly.
- Place on a baking sheet.
- Bake at 400° for 15-20 minutes or until fish flakes easily with a fork.
- Open foil carefully; sprinkle with cheese.
- Bake, uncovered, 5 minutes longer or until cheese is melted.
- Yield: 2 servings.

Nutrition Facts: 1 packet equals 288 calories, 15 g fat (4 g saturated fat), 74 mg cholesterol, 539 mg sodium, 8 g carbohydrate, 2 g fiber, 30 g protein.