

Lemon-garlic salmon with green beans and new potatoes

Makes: 4 servings | Prep: 10 mins | Total: 30-40 mins

These complete meals in a packet are easy from start to finish. Pro tip: If the green beans are extra long, cut them in half so they fit more easily in the foil packets.¹

Ingredients

- 1 lb new potatoes, halved lengthwise and sliced into $\frac{1}{8}$ -inch slices
- 2 tsp minced garlic
- 1 lb fresh green beans, trimmed
- 2 Tbsp extra virgin olive or avocado oil
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp ground black pepper
- 4 skinless salmon fillets (about 4 oz each)
- 8 lemon slices (1 to 2 medium lemons)



Preparation

Preheat the oven to 400°F. Cut 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise so it's extra sturdy. Put the potatoes and garlic in a microwaveable bowl, stirring to combine. Microwave, covered, for 1½ to 3 minutes, or until about halfway tender. Transfer to a large bowl. Stir in the green beans, oil, salt and pepper.

Place a fourth of the potato mixture in the center of each foil square, arranging the green beans in the same direction. Place the fish on the potato mixture. Top with 2 lemon slices. Repeat with the remaining 3 salmon fillets and vegetables.

Wrap the foil loosely, but seal the edges tightly. Place packets on a large baking sheet. Bake for 20 minutes, then carefully open one packet. If the fish flakes easily when tested with a fork, open the remaining packets and serve. If the fish isn't cooked enough, close the packet and bake all the packets for an additional 3 to 5 minutes.

Nutrition

Per serving



Calories: 453 | total fat: 21 g | saturated fat: 4 g | sodium: 229 mg | cholesterol: 71 mg
total carbs: 36 g | fiber: 10 g | sugars: 4 g | protein: 30 g | potassium: 1,275 mg

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¹<https://recipes.heart.org/en/recipes/lemon-garlic-salmon-foil-pack-with-green-beans-and-new-potatoes>