

# LEMON GARLIC SALMON PACKET

Makes 2 Packets | 2 servings | \$3.84 per serving

## Ingredients

2 3-ounce frozen salmon fillets

½ teaspoon salt

½ teaspoon black pepper

½ small lemon, washed and cut into thin rounds

1 garlic clove, peeled (¼ teaspoon powder or ¾ teaspoons minced)

## Instructions

1. Place frozen fillets in the refrigerator overnight to thaw, or thaw in cold water, changing water every 30 minutes.
2. Preheat oven or electric skillet to 450°F.
3. Place each fish fillets on a sheet of aluminum foil (12x18-inches each). Sprinkle with salt, pepper, and garlic
4. Lay lemon rounds over fillets.
5. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate.
6. Cook packets using one of the following methods:
  - To bake in the oven, place packets on a cookie sheet. Bake at 450°F for 30 minutes. Halfway through baking, use a fork to poke small holes in the packet for steam to escape.
  - To bake in an electric skillet, heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour ½ inch of water into the skillet. Place the packets on the rack. Cover and close the steam vent. If you do not have a rack, make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packets on top of the coil.
7. Packets are done when the fish reaches 145°F on the food thermometer. When cooking is done, carefully open packets to allow steam to escape.

## Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.