



KIDNEY-FRIENDLY

# Lemon Garlic Salmon and Summer Vegetables Foil Packets

Makes 6–8 servings



## INGREDIENTS

- 6- 3 oz salmon filets**
- 1 bunch fresh asparagus, chopped**
- 1 small head of broccoli, chopped**
- 1 red pepper, chopped**
- 4 cloves garlic, minced**
- 1 lemon, juiced**
- 4 tbsp olive oil**
- ¼ tsp black pepper**
- ¼ cup fresh parsley, chopped**

<b>Nutrition Facts Per Serving</b> (1 foil packet)	Calories	305
	Carbohydrates	4 g
	Protein	30 g
	Total Fat	18 g
	Phosphorus	318 mg
	Potassium	855 mg
	Sodium	70 mg

## DIRECTIONS

Prepare and chop fresh vegetables.

Place 6- 18 x 12-inch pieces of heavy aluminum foil on the counter. Place salmon filets in the center of foil and scoop about 1 cup of vegetable mixture on top.

In a small bowl mix olive oil, minced garlic, lemon juice, black pepper, and fresh parsley.

Pour lemon garlic oil mixture and divide evenly on top of salmon and vegetables. Double fold tops and ends of each piece of foil.

Place foil packets on grill and cover. Grill on medium heat for 15-20 minutes or until salmon is cooked through and vegetables are soft. (Foil packets can also be baked in the oven at 400°F for 15-20 minutes if you do not have a grill).

Once cooked, carefully open packets and serve. Enjoy!

*The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.*