



THE ingles TABLE

with Lindsay Moore
Garlic Herb Salmon in Foil

Shopping List

- 4 (6 ounce) salmon filets
- 1 bunch asparagus, chopped
- 1 red pepper, chopped
- 1 zucchini, cubed
- 1 yellow squash, cubed
- 2 tsp Extra Virgin Olive Oil
- ½ tsp Salt and ½ tsp Pepper
- ½ cup butter, room temperature
- 4 garlic cloves, mashed
- 1 Tbsp fresh Oregano, chopped
- 1 Tbsp fresh rosemary, chopped
- 1 Tbsp fresh thyme, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper

Cooking Instructions

- 1)** Preheat oven to 400 degrees F.
- 2)** Gather four 18x12-inch pieces of heavy aluminum foil and set aside.
- 3)** In a medium bowl, toss together vegetables, olive oil, salt, and pepper.
- 4)** Divide vegetable mixture evenly among each piece of foil. Place salmon steaks on top.
- 5)** Make garlic herb butter. In a small bowl mix together the butter, garlic, oregano, rosemary, thyme, salt and pepper.
- 6)** Double fold top and ends of each piece of foil, leaving space in packets for steam.
- 7)** Bake at 400 degrees for 15-20 minutes or until salmon is cooked through and veggies are tender. Carefully open packets and serve. Enjoy!



ingles-markets.com | inglestable.com