

Lemon-Garlic Salmon Foil Packet



INGREDIENTS

- 1 pound new potatoes, halved lengthwise and sliced into 1/8-inch slices
- 2 teaspoons minced garlic
- 1 pound green beans, trimmed
- 2 T canola or corn oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 skinless salmon fillets (about 4 ounces each)
- 8 lemon slices

DIRECTIONS

1. Preheat oven to 400°F. Make 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square).
2. Put the potatoes and garlic in a microwaveable bowl, stirring to combine. Microwave, covered, on high for 1 1/2 to 3 minutes, or until about halfway tender. Transfer to a large bowl. Stir in the green beans, oil, salt and pepper.
3. Place potato mixture in the center of the foil squares (green beans facing the same direction so it's easier to close). Place fish on the potato mixture. Sprinkle with garlic powder. Top with 2 lemon slices.
4. Wrap the foil loosely (to allow heat to circulate) and seal the edges tightly. Transfer the packets to a large baking sheet. Bake 20 minutes. Using the tines of a fork, carefully open a packet away from you (to prevent steam burns). If the fish flakes easily when tested with a fork, carefully open the remaining packets and serve. If the fish isn't cooked enough, reclose the open packet and bake all the packets for 3 to 5 minutes.