

# Salmon, Asparagus and Sweet Potatoes- Quick and Easy

Prep Time 5 mins  
 Total Time 35 mins  
 Meal Type Lunch, Dinner  
 Contributed By



Source Adapted from [Bite of Health](#)

Servings 4



## Ingredients

lb,c g,ml

- 1 1/2 lb Wild salmon, *cut into 4 pieces*
- 1 bunch asparagus, *woody ends removed*
- 2 medium sweet potatoes, *cut into even sticks*
- 1 lemon, *cut into slices*
- 1 Tbs olive oil

## Directions

### Prep

1. Preheat oven to 425°F.
2. Line the baking sheet with aluminum foil. Optional: place a piece of parchment paper on top of the foil.

### Make

1. Toss cut sweet potato sticks with 1 tablespoon of olive oil and salt/pepper to taste. Line evenly on baking sheet. Bake for 20 minutes.
2. While sweet potato is cooking, prepare asparagus by tossing in 2 teaspoons of olive oil and salt/pepper to taste. Then drizzle remaining olive oil over salmon fillets. Sprinkle with salt/pepper and top with two slices of lemon.
3. When sweet potatoes are done baking, move to one side. Line asparagus in an even layer over the bottom of the baking sheet then top with salmon fillets. Bake for 10 minutes or until salmon is opaque and flaky.

## Notes

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Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	<b>468</b>	<b>Total Fat</b> 26.4g	40%	<b>Total Carbohydrates</b> 19g	6%
		Saturated Fat 5.7g	28%	Dietary Fiber 5g	19%
		Trans Fat 0.0g		Total Sugars 5g	
		Cholesterol 94mg	31%	<b>Protein</b> 38g	
		Sodium 139mg	6%		
Vitamin D 19mcg 187% · Calcium 68mg 6% · Iron 4mg 19% · Potassium 1094mg 23%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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