



### **Salmon Make-Ahead Supper Packets**

*Prepare them the night before and a healthy easy supper is your reward*

- 1 medium red onion, peeled, sliced
- 1 cup mini sweet golden peppers, trimmed; cut into rounds
- 1 to 2 small zucchini, sliced into 3x2-inch long pieces
- 1 teaspoon dry basil
- 1 clove garlic, minced
- 1 Tablespoon Dijon mustard
- 2 teaspoons avocado oil
- 1-1/2 teaspoons fresh thyme leaves
- 4 salmon fillets, skinned (about 4 oz. each or 1-1/2 inch wide slices)
- 2 to 4 cups baby spinach leaves
- 2 to 4 Tablespoons chopped roasted red peppers
- 1 to 2 teaspoons blackening pepper seasoning or as desired
- 1/4 cup chopped parsley leaves

- Toss onions, peppers, zucchini, basil, and garlic in a large bowl; set aside.
- In a small bowl, stir together mustard and oil until creamy. Spread over salmon pieces to coat all sides.

- Place 4 large pieces of foil (each approx.. 15"x18" wide.) on a flat surface; divide the spinach leaves equally in the center between them. Top with the combined vegetables; Add chopped red peppers.
- Place one piece of salmon on top of the vegetable mixture; sprinkle pepper seasoning and parsley over the top of salmon.
- Fold foil to seal into packets securely. Place on a dish; refrigerate until needed  
Use 2 rimmed baking dishes to cook in a single layer.

**To Bake or Grill:**

Preheat oven to 425 degrees F. Bake for about 15 minutes or until internal temperature is 145 degrees F. as recommended for medium rare when checked with a digital food thermometer.

**Note:** Dinner packets can also be cooked on the grill over medium heat for about 10 minutes. You can also substitute the vegetables and fish that are available.

Serves: 4

**About the Recipe:** Supper Packets are packed with roasted herb flavored vegetables and a spicy New Orleans seasoned salmon fillet. The best part is that they can be prepared ahead of time and use any of the vegetables that you have available. Imagine a healthy supper is ready in only 15 minutes. Isn't that wonderful!



