



Salmon (or any fish) Asparagus & Rice

Serves 1

Complete Meal:

1 Salmon (or any fish) fillet (bake or broil)

½ lb. of Asparagus (woody ends broken off, steamed in pan or roasted in oven)

Brown / Wild / Japonica Rice (cook according to directions)

Chives – chopped for garnishing

Lemon slices to squeeze onto Salmon fillet

Salt and Pepper