

Pesto Salmon and Italian Veggies in Foil

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/original-italian-dry-pesto-recipe>

Ingredients:

- 4 skinless salmon fillets 6 oz
- 1 1/4 pounds fresh green beans ends trimmed or 1 lb, medium/thin asparagus, tough ends trimmed
- 3 teaspoons olive oil divided
- salt
- freshly ground black pepper
- 4 tablespoons pesto homemade or store-bought, half of the homemade recipe will be enough
- 4 teaspoons fresh lemon juice
- 1 pint grape tomatoes halved

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 60 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 4 grams
8. Sodium: 270 milligrams
9. Sugar: 7 grams

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