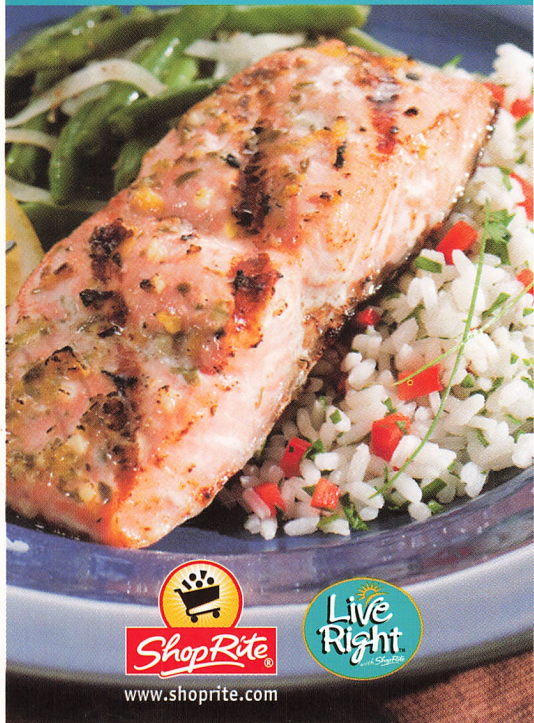




MAIN DISH



lemon salmon and green bean packets



ShopRite

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lemon salmon and green bean packets

Prep Time: 15 minutes

Cook Time: 10 minutes

Easy Recipe:

- 4 (4- to 5-oz.) salmon fillets
- 1 lemon
- 1 tbsp. **ShopRite olive oil**
- ¾ tsp. dried tarragon, divided
- 2 garlic cloves, minced
- 1 lb. green beans, trimmed
- ½ small onion, thinly sliced

Easy Steps:

- ➊ Preheat grill to medium (300°F to 350°F). Rinse fillets and pat dry with paper towels; set aside.
- ➋ Grate 1 teaspoon lemon peel and squeeze 1 tablespoon juice into a small bowl. Add oil, ½ teaspoon of the tarragon, and garlic; whisk to combine. Brush or drizzle evenly over salmon; set aside.

➌ Place beans on an 18x24-inch sheet of heavy-duty foil; drizzle with 3 tablespoons water. Sprinkle with remaining ¼ teaspoon tarragon. Top with onion slices. Bring opposite short sides of foil together; fold and crimp edges and ends to enclose beans.

➍ Place fish and foil packet on grill. Grill, covered, 4 to 7 minutes per side or until fish flakes easily with a fork (145°F) and beans are tender.

Serves 4

Per Serving: 285 calories, 15g fat, 3g saturated fat, 0g trans fat, 70mg cholesterol, 75mg sodium, 9g carbohydrate, 3g fiber, 27g protein

Make it a meal: Serve with steamed rice and a fresh spinach salad.



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