

Meal Planning on a Budget:  
**Baked Salmon with Veggies**

**Ingredients:**

2 tbsp butter  
1 clove garlic, minced or pressed  
1 fresh tomato, chopped  
4 oz. canned sliced mushrooms, drained  
1 large onion, sliced  
1 lemon, sliced  
1-2 small zucchinis, sliced  
Salt to taste  
Black pepper to taste  
2 lbs. salmon fillets

**Directions:**

Preheat oven to 375 degrees.\*\*\*

Line a large baking dish with enough aluminum foil to fold over ingredients once inside.

In a bowl, stir together garlic, tomato, mushrooms, onion and zucchini. Spread across the bottom of the prepared dish. Lay salmon fillets on top of mixture. Season with salt and pepper. Dot salmon with butter and arrange lemon slices atop the butter.

Fold the foil over the ingredients and press edges together to create a seal. Bake until fish flakes easily with a fork, or approximately an hour.

\*\*\*You can use your outdoor grill instead of the oven! Adjust cooking time accordingly.