

# Roasted Salmon with Asparagus & Garlic

## Ingredients

- 2 salmon fillets
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 3 garlic cloves, sliced
- Juice of half a lemon
- Salt and pepper to taste

## Instructions

1. Preheat oven to 400°F (200°C).
2. Place salmon and asparagus on a baking sheet.
3. Drizzle with olive oil, add garlic, lemon juice, salt, and pepper.
4. Roast for 15 minutes or until salmon is cooked through.

## Health Benefits

Supports detoxification, hormone balance, and heart health. Asparagus is a natural diuretic and helps cleanse the liver.

