

# Lemon Butter Salmon in Parchment

This LEMON BUTTER SALMON IN PARCHMENT is our favorite way to cook a healthy and delicious seafood meal at home! Asparagus and onion topped with succulent salmon, lemons, and thyme, and drizzled in lemon butter. SO EASY and amazingly good!

Course	Main Course
Cuisine	Seafood
Keyword	lemon butter, salmon, salmon in parchment
Prep Time	15 minutes
Cook Time	15 minutes
Total Time	30 minutes
Servings	2
Calories	536 kcal
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## Ingredients

For the salmon:

- 6 stalks asparagus trimmed
- 4-6 slices red onion thinly sliced
- 2-6 oz. salmon fillets
- 4 teaspoons olive oil
- 6 lemon slices very thinly cut
- kosher salt
- freshly ground black pepper
- 4 sprigs fresh thyme
- 2 teaspoons white wine use a good drinking wine, NOT cooking wine
- kosher salt
- 4 teaspoons dark brown sugar

For the Lemon Butter Sauce:

- ½ cup white wine; chardonnay or semi-dry
- 1 shallot or 1 tablespoon sweet yellow onion minced
- 1 cup butter unsalted, cut into 12 pieces
- ¼ cup heavy cream
- 1 lemon juice & zest

## Instructions

For the Lemon Butter Sauce:

1. In a small saucepan, combine the wine and the minced onion. Bring to a boil and reduce the temperature to medium heat until liquid reduces to 2 tablespoons.
2. Reduce heat to low and whisk in the butter, two pieces at a time, until butter is fully incorporated.
3. Whisk in cream, lemon juice and zest.
4. If serving immediately, keep warm in a bowl set over hot water. If serving at a later date (within 3 days), pour the butter in a covered dish and keep in the fridge. When ready to use, warm gently, in the microwave, and whisk before serving.

For the Salmon:

1. Preheat oven to 375 degrees F.
2. Fold 2 (16 by-12-inch) parchment paper rectangles in half lengthwise.
3. Place 3 stalks of asparagus then 2 onion slices, in the middle, and near the fold of each parchment paper.
4. Drizzle vegetables lightly with olive oil and sprinkle with salt and pepper.
5. Place salmon fillets on the vegetables and drizzle with olive oil. Season the salmon with salt and pepper.

6. Lay lemon slices and fresh thyme on the salmon.
7. Drizzle each salmon with 1 teaspoon white wine.
8. Sprinkle each salmon with 2-teaspoons brown sugar.
9. Fold the parchment paper over the salmon and vegetables, at the fold. Starting at one corner, crimp the edges to seal the parchment packet. Be sure to fold and seal the edges tightly so no steam escapes.
10. Brush the tops of the salmon packets with olive oil.
11. Set the salmon packets on a baking sheet lined with foil.
12. Bake at 375 degrees F, on the center rack, in the oven for 15-16 minutes, depending on personal preference.
13. DO NOT OPEN.
14. Remove salmon from the oven and, carefully, cut open the top of the packet and serve the salmon in the paper. If desired, remove the skin before serving.
15. Warm the lemon butter and drizzle it over the salmon.
16. Serve immediately.
17. Enjoy!

<b>Nutrition Facts</b>	
Lemon Butter Salmon in Parchment	
Amount Per Serving	
Calories 538	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 9g	45%
Cholesterol 134mg	45%
Sodium 95mg	4%
Potassium 1110mg	32%
Total Carbohydrates 20g	7%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 38g	72%
Vitamin A	19.3%
Vitamin C	44.3%
Calcium	9.2%
Iron	17.9%

\* Percent Daily Values are based on a 2000 calorie diet.