



Spin Your Own Axis

Baked Salmon & Spaghetti

A lot of my meal options are oven friendly because it saves time spent in the kitchen. In addition, I am a huge fan of baked salmon. When baked in the oven, salmon has a juicy and tender consistency.



- **Prep Time:** 15 minutes
- **Cook Time:** 45 minutes
- **Total Time:** 60 minutes
- **Serving:** 5

Ingredients

- 4.2 oz. Grilled Chicken breast (Total of 21 oz. for 5 servings)
- 2 teaspoons Garlic powder
- 2 teaspoons Lemon Garlic powder
- 2 teaspoons Lime Chile Powder
- 1/4 teaspoon Black Pepper
- Tint of Salt
- 1 Lime
- 10g Parmesan cheese
- 89 g Brussel Sprout
- 2 oz San Giorgio Spaghetti (Total of 10 oz for 5 servings)

Instructions

1. Marinate Salmon with garlic, lime chile, lemon garlic and black pepper powder, and lime.
2. Preheat Oven at 400 degrees, then bake Salmon with pan covered with foil for the first 15 minutes, then remove and leave to cook for remainder of time.
3. Slice brussel sprouts in half, season with black pepper, garlic powder and tint of kosher salt and bake for 25 minutes.
4. Prepare and weigh spaghetti.
5. Boil water first before, let it boil before adding spaghetti, then add a tint of salt to water, add spaghetti.
6. Rinse spaghetti once cooked with cold water to prevent it from sticking.
7. Serve immediately and add parmesan cheese to top it off.
8. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5
- **Carbohydrates:** 50g
- **Fat:** 14g
- **Protein:** 33g
- **Fiber:** 5g
- **Calories:** 497
- **Sodium:** 89mg
- **Sugar:** 2g
- **Iron:** 4%