



# Garlic and Herb Salmon Foil Packets

SERVING: 1 FILET  
YIELD: 4

PREP TIME: 10 MIN  
TOTAL TIME: 30 MIN

## Ingredients

- 2 tbsp Fresh Parsley, chopped
- 1/4 cup Margarine, melted
- 1 tbsp Honey
- 1 tbsp Lemon, juice
- 1 tbsp Garlic, minced
- 1/2 tsp Oregano, dried
- 1/2 tsp Thyme, dried
- 1/2 tsp Rosemary, dried
- 1/2 tsp Pepper
- 1 lb Salmon, boneless, skinless, defrosted/fresh
- Cooking Oil spray

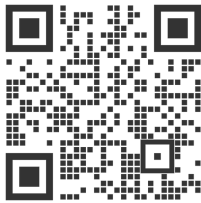
Optional: Pair with  
1/2 cup-1 cup  
whole grains

## Directions

- 1.Preheat oven to 425 degrees F. Cut or tear 4 heavy-duty foil equal size about 12-by-16-inch pieces.
- 2.In a small bowl, whisk together margarine, honey, lemon juice, parsley, garlic, oregano, thyme, rosemary, and pepper.
3. Using a baking sheet, place the 4 foil cut-outs and spray lightly with cooking spray. Place salmon onto foil.
- 4.Spread marinade mixture over salmon (about 2 tbsp each). Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
- 5.Place into oven and bake until cooked through, about 15-20 minutes or internal temperature of at least 145 degrees F.
- 6.Serve immediately. Enjoy!

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 filet (0.0g)</b>
Amount Per Serving	
Calories	340
% Daily Value*	
<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 23g	
Vitamin D 12.5mcg	60%
Calcium 10mg	2%
Iron 0.5mg	2%
Potassium 440mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

\*Cost information includes lower cost ingredients found at local grocery store 8/29/22.



Cost Per Recipe

\$11.52

Cost Per Serving

\$2.88

# Thawing Foods Safely

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**Y**ou can thaw frozen foods safely in three ways: refrigerator thawing, cold water thawing and microwave thawing.

In the process of thawing, never keep food in the “Danger Zone,” between 40 °F and 140 °F.

Bacteria can grow quickly in these temperatures. Never thaw foods in the basement, in the car, on the kitchen counter or any place other than in the refrigerator, in cold water or in the microwave.

## Thawing frozen food in the refrigerator

When thawing frozen food in the refrigerator, plan ahead and remember these facts:

- Large frozen meat or poultry requires at least 24 hours to thaw for every 5 pounds of weight.
- Certain areas in the refrigerator may keep food colder than other areas.
- Ground meat, stew meat, poultry and seafood should remain safe for an additional day or two before cooking.
- Red meat cuts will remain safe for an additional 3 to 5 days.
- Food thawed in the refrigerator can be refrozen without cooking.



## Thawing frozen food in cold water

When thawing frozen food using the cold-water thawing method, a faster method than refrigerator thawing, follow these steps:

- Place food in a leak-proof package or plastic bag.
- Submerge the package or bag in cold tap water.
- Change the water every 30 minutes.
- If you use this method, you should cook the food before refreezing.

Small packages of meat, poultry or seafood may thaw in an hour or less. However, a package of 3 to 4 pounds of food may take 2 to 3 hours.

## Thawing frozen food in the microwave

- Food should be cooked immediately after this thawing method.
- Foods thawed in the microwave should be cooked before refreezing.

## Cooking without thawing

It is safe to cook foods while still frozen; however, cooking time will be 50 percent longer than the recommended time for fully thawed or fresh meat and poultry.