

Salmon

This is another favorite even for those who don't care for fish. Full of vitamin C, which also cuts the fishy flavor for those with a sensitive pallet.

1 Salmon Fillet

1 white Onion (sliced on #5 cone)

Orange zest

Dill

1 Orange, sliced

2 Roma Tomatoes, sliced

1 Bag of frozen Veggies (California Blend)

Place sliced Onions on bottom of 11" Skillet. Lay Salmon on top of Onions with skin side down. Place Orange zest on top of Salmon. Sprinkle dill on top to season. If desired, you may add any other seasoning at this time. Place Orange slices on top of Salmon. Layer with Tomato slices. Pour frozen veggies on top. **MEDIUM-CLICK-LOW**. After turning to low, cook approximately 15-20 minutes.