

Baked Salmon by Pete Roberts

Buy enough salmon to equal about ½ pound person

Cut into portions, skin on, by eye

In a large fry pan, heat olive oil over medium heat

Cook, flesh side down, for about one and a half minutes

Remove to parchment paper-lined baking pans, skin side down

Season with Italian herbs and seasoned salt (Lawry's)

Set oven to 425°

Bake for 10 to 12 minutes, checking for the 'sizzle' at the edges of the fish

Remove from oven and serve

Sautéed Asparagus by Faye Roberts

Buy about ¼ pound of asparagus per person, cut into 2" pieces

3 pounds bacon, fried and crumbled into small pieces, set aside

2 pounds onions, sliced ½ inch thick, sautéed in butter, set aside

Sauté the asparagus in butter about 5 to 7 minutes

Mix all ingredients and season with 2 15 oz. containers of grated parmesan cheese