**Baked Salmon with Roasted New Potatoes**

**Produce**

garlic (if needed)

fresh Rosemary leaves

fresh curly parsley

fresh cilantro leaves

one half lb. fresh snow peas or sugar snap peas (if available)    
by frozen if none available

4 new carrots

8 baby red potatoes

1 lemon

**Canned/Dried Foods**

Low-sodium vegetable broth (if needed)

Low-sodium soy sauce (if needed)

**Frozen foods**

frozen snow peas (if no fresh available)

**Meat/Fish/Poultry**

1 lb. fresh salmon (get 3 equal filets)

**Chilled Foods/Dairy**

Butter (if needed)