**Baked Salmon with Dill**

**Produce**

one half C. pecan halves

1 bunch green onions

1 bunch curly parsley  
  
fresh dill leaves

1 large carrot

1 head Broccoflower, cauliflower or broccoli

1 lemon

garlic(if needed)

**Canned/Dried Foods**

1 C. brown rice (if needed)

low sodium veggie broth (if needed)

low sodium soy sauce (if needed)

dry dill leaves (if needed)

**Frozen Foods**

None tonight

**Meat/Fish/Poultry**

two 5 oz. salmon fillets

**Chilled Foods/Dairy**

None tonight