**Baked Salmon with Roasted Potatoes**

**Produce**

garlic (if needed)

1 red onion

1 bunch fresh parsley

fresh cilantro

12 oz. bok choy

3 medium purple or red potatoes

1 lemon

 1 piece fresh ginger root

**Canned/Dried Foods**

Low-sodium soy sauce (if needed)

rice wine vinegar(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

1 lb. fresh salmon fillets (buy 3 fairly equal sized filets)

**Chilled Foods/Dairy**