Salmon in Paper Hearts

Are you looking for a romantic recipe to make for your loved one? This is the perfect recipe to serve on your next date night! The salmon is steamed to perfection using this French method of cooking, and the vegetables are bright and full of flavor. The butter combines with the orange zest and herbs to make the perfect butter sauce. The beautiful presentation in the paper heart makes this dish extra romantic and unforgettable. The best part of this recipe is that it is very quick to prepare, and there are no pots and pans to clean. That what I call romance!

To get started, here are the ingredients you will need:

2 4-6 ounce skinless wild caught salmon filets

10 pieces of asparagus, ends trimmed

4 baby patty pan squash, cut in half (one small sliced zucchini can be substituted)

8 thin strips of red bell pepper

10 petite baby carrots

8 fingerling or baby potatoes, ¼ inch sliced

4 tablespoons of Challenge Butter

1 teaspoon of grated fresh orange peel

2 tablespoons of diced fresh herbs of your choice

Salt and pepper

You will also need scissors, parchment paper and a baking sheet.

**Directions**

Preheat your oven to 400 degrees.

Next, cut four pieces of parchment paper, approximately 15 x 15 inches. Stack paper back to back. Draw a large heart in pencil, cut out with scissors.

To assemble paper heart packets, place salmon filet in the center of two of the cut out hearts. Carefully arrange the asparagus, patty pan, red bell pepper, carrots and potatoes among the two hearts. Top each with two tablespoons of butter, orange zest and fresh herbs. Season both hearts with salt and pepper to taste. Place the remaining  paper heart on top of salmon and vegetables.

To seal edges, begin by rolling a small 1 inch section over, then fold. Repeat this until all edges are sealed.

Place hearts on a baking sheet and place on the middle rack in oven. Bake for 20 minutes and remove from oven. Let heart packets rest for about 4 minutes before opening.

Serves two