



Recipe of the Week: Cookbook

RECIPE OF THE WEEK

SHEET PAN BAKED SALMON WITH VEGGIES

INGREDIENTS

- 3 Tbs Avocado or Olive oil
- Juice of 1 Medium lemon (~1/4 cup)
- 2 Garlic cloves, finely minced
- 1 Tbs fresh dill (or 1/2 tsp dried)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 1/4 lb salmon fillets
- 1 large or 2 small sweet potato, thinly sliced
- 12oz fresh green beans
- 1/2 small red onion, thinly sliced
- 1/2 lemon, thinly sliced



4 SERVINGS



45 MIN

NUTRITION

Serving: 1/4 recipe

Calories: 365

Fat: 12g

Carbs: 21g

Fiber: 7g

Protein: 31g

Sheet pan recipes are a great way to have a quick balanced meal with minimal dishes! This recipe features salmon which is rich in omega-3s which is essential for heart and brain health as well as antioxidant rich green beans and sweet potatoes!

DIRECTIONS

1. Preheat the oven to 425 F. Line a large baking sheet with parchment paper, set aside.
2. Make the marinade by whisking together oil, lemon juice, garlic, dill, salt, & pepper in a small bowl. Set aside ~2 Tbs of the marinade to use later.
3. Place the salmon fillets in a shallow dish and pour half of the remaining marinade, over the salmon. Place the salmon in the fridge to marinate while you prep the veggies.
4. Wash & Peel the sweet potato. Using a knife or mandolin slicer, thinly slice the sweet potato into rounds about 1/8 inch thick
5. Place the sweet potato slices on the baking sheet. Drizzle with the other half of the marinade that you used for the salmon. Toss the sweet potato slices with the marinade then spread them into an even layer on the baking sheet.
6. Place the baking sheet in the preheated oven and bake for 10 minutes. After 10 minutes, remove the pan and move the sweet potatoes to one side of the pan to make room for the green beans and onion.
7. Drizzle the green beans and onion with the reserved 2 Tbs of marinade. Give them a little toss with your hands or a spoon then spread them evenly into a thin layer next to the sweet potatoes. Return the pan to the oven and bake for an additional 5 minutes.
8. After 5 minutes, remove the pan from the oven and make a space in the center of the pan for the marinated salmon fillets. Top off each salmon fillet with a lemon slice or two and sprinkle with a little salt and pepper.
9. Place the baking sheet back into the oven and bake for 10-15 minutes or until the salmon flakes easily with a fork and is no longer opaque. The sweet potato slices should be tender and the green beans crisp-tender.
10. Serve the salmon and vegetables with additional lemon slices and salt and pepper, if desired.

Recipe from: <https://therealfooddietitians.com/one-pan-salmon-and-veggie-bake/>