

Recipe: Sheet Pan Salmon & Veg

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 2

Ingredients:

- 2 salmon fillets (4 oz each)
- 1 cup broccoli florets
- ½ cup bell pepper strips
- ½ cup baby carrots
- 1 tsp olive oil
- Lemon pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Arrange salmon fillets and vegetables on a parchment-lined baking sheet.
3. Drizzle olive oil over the vegetables and salmon. Sprinkle lemon pepper evenly.
4. Bake for 15 minutes, until salmon is cooked through and vegetables are tender.
5. Serve warm.

Nutrition per serving:

- Calories: 380 kcal
- Protein: 35 g
- Fiber: 6 g
- Fat: 16 g
- Carbohydrates: 14 g

Health Benefits:

- High in protein for muscle support and satiety
- Omega-3 fatty acids in salmon support heart and brain health
- Fiber from vegetables aids digestion and stabilizes blood sugar

Pro Tips:

- Swap vegetables seasonally for variety and extra nutrients
- Line baking sheet with parchment for easy cleanup
- Add a squeeze of lemon before serving for a fresh flavor boost