



## SHEET PAN SALMON AND VEGETABLES: A SIMPLE AND VERSATILE MEAL

Prep Time: 10 minutes

Cook Time: 30-35 minutes

Yield: 4 servings

Serving Size: 1 salmon filet & ~2 cups  
of vegetable mixture (1 cup + roasted  
broccoli, ½ cup roasted sweet potato)

Nutrition Facts	
4 servings per container	
Serving size 1 serving (399g)	
Amount per serving	
<b>Calories</b>	<b>540</b>
	% Daily Value*
Total Fat 30g	39%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 320mg	14%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	23%
Total Sugars 8g	
Protein 40g	
Vit. D 0mcg 0%	• Calcium 112mg 8%
Iron 2mg 10%	• Potas. 1460mg 30%

### Ingredients

- 4 6-oz salmon filets
- 2 Tbsp. olive oil, divided
- 1/4 teaspoon salt (1 pinch for salmon, 1 pinch for vegetables)
- Ground black pepper, to taste
- 3 medium sweet potatoes (about 6 oz each)
- 6 cups broccoli florets

### Equipment

- 2 sheet pans - one for salmon and vegetables, the second for extra vegetables.

### Directions

#### Prep and Preheat:

1. Preheat the oven to 400°F (200°C) with a rack placed in the middle.
2. Line two rimmed baking sheets with tin foil.

#### Prep Sweet Potatoes:

1. Wash the sweet potatoes and then cut them into 1-inch cubes or french fry form.
2. In a large bowl, mix the sweet potatoes with ½ Tbsp of olive oil, a pinch of salt, and a sprinkle of black pepper.
3. Spread the seasoned sweet potato onto one of the lined baking sheets.

#### Roast Sweet Potatoes:

1. Place the sweet potato-filled baking sheet in the preheated oven for 20 minutes.

### Directions Cont.

#### Prep Salmon and Broccoli:

1. While the sweet potatoes roast, prepare the salmon by drizzling up to 1 Tbsp of olive oil over the filets and seasoning them with a pinch of salt and black pepper to taste.
2. Toss the broccoli florets with the remaining ½ Tbsp of olive oil, a pinch of salt, and a sprinkle of black pepper in the same bowl used for the sweet potatoes.

#### Add Salmon and Broccoli:

1. Gently flip the roasted sweet potatoes on the baking sheet to ensure even cooking, and to create space for the salmon filets and broccoli.
2. Lay the salmon filets on one side and arrange the seasoned broccoli on the other side of the baking sheet.

#### Bake Together:

1. Place the baking sheet back in the oven and bake for an additional 12-15 minutes.
2. The salmon should easily flake when tested with a fork, and an instant-read thermometer inserted into the thickest part of the salmon should read 125°F, which takes about 8 to 10 minutes.
3. The vegetables should be tender and slightly browned.

#### Serve:

1. Carefully remove the baking sheet from the oven.
2. Plate the roasted sweet potatoes, salmon, and broccoli for a delicious and balanced meal.

\*If using this recipe in your personalized ATNG meal plan, 4 protein servings, 2 starch servings, and 2 fat servings.