

Easy One Sheet Pan Recipe -

SALMON AND VEGGIES

INGREDIENTS

- 3 (4-6 oz.) salmon steaks
- ¼ cup olive oil
- 2 teaspoons minced garlic
- ½ tablespoon onion powder
- 1 tablespoon paprika
- ½ teaspoon cayenne pepper (if you don't like heat, hold the pepper!)
- ½ teaspoon kosher salt
- 1 tablespoon chopped, fresh parsley
- 1 bundle of asparagus, stems removed
- 2 sweet potatoes peeled and cut into 1-inch cubes

DIRECTIONS

1. 10-15 minutes before cook time remove your salmon fillets from the refrigerator to allow them to come to room temperature.
2. Pre-heat oven to 375°F.
3. In a small saucepan on medium heat, combine olive oil, garlic, onion powder, paprika, cayenne pepper, salt and chopped parsley. Stir for one minute, then turn off heat and allow to sit for 5 minutes.



PRE-PREP

Meal prepping is a great way to eat healthier and further cut down on cooking time. Try these tips to make this recipe go even faster.

- 1. Pre-mix your spices.** You'll just need to add the olive oil and herbs!
- 2. Wash and cut your vegetables and herbs after purchase.** Asparagus can stay fresh in your refrigerator for 2-4 days. Chopped herbs will last 3-5 days. Sweet potatoes are fine for up to a month!
- 3. Pre-peel the skin off of garlic cloves.** Store them in an airtight container in the fridge so they will be at the ready for mincing.

4. Coat your room temperature salmon steaks and veggies with your olive oil mixture.
5. Cover a large baking sheet with tin foil or parchment paper and evenly lay out salmon and veggies.
6. Bake for about 20 mins until salmon is flaky and vegetables are tender.