



Humana
Neighborhood Center

Sheet Pan Salmon Vegetable Bake

Serves 6-8

Ingredients:

- 2 tbsp olive oil for vegetables
- 1 medium yellow onion cut to slivers
- 1 tsp minced garlic
- 1 medium green zucchini cut to ¼ inch squares
- 1 medium yellow squash cut to ¼ inch squares
- 1 medium potato cut to small ¼ inch squares
- 1 medium broccoli, florets cut off about 1 cup
- 1 cup brussel sprouts
- 1 bell pepper (your choice of color) cut to long slivers
- 1 tsp dried thyme to taste
- Salt & pepper
- 1 tbsp olive oil for salmon filets
- 2 - 6 inch salmon filets coated with olive oil and salt and pepper

How to prep:

1. Preheat the oven to 400 degrees.
2. In a medium mixing bowl combine all vegetables, coat with 2 tbsp. olive oil, salt and pepper, mix completely.
3. Spray the inside of an 8×8 square or round baking dish with non-stick spray. Spread the vegetables onto baking dish.
4. Cover the dish with foil and bake for 30 minutes.
5. Place salmon filets with the partially cooked vegetables and cook together for another 10 minutes uncovered.

