

SHEET PAN MEDITERRANEAN SALMON WITH ROASTED VEGGIES

Makes 4 servings | Prep time: 15 minutes | Cook time: 35 minutes | Total time: 50 minutes



Ingredients

- ¼ cup olive oil
- ¼ cup lemon juice
- 2 Tbsp Italian seasoning (prepared or using recipe below)
- 1 lb baby gold potatoes, halved
- 1 yellow onion, sliced
- 2 Tbsp minced garlic
- 2 lbs fresh green beans, trimmed
- 4 4-oz salmon fillets
- Salt and black pepper to taste

Italian Seasoning Blend Ingredients

- 2 tsp dried basil
- 2 tsp dried oregano
- 1 tsp rosemary
- 1 tsp thyme
- 1 tsp garlic
- 1 tsp red pepper flakes (optional)

Directions

- 1 Preheat the oven to 425°F.
- 2 Line a sheet pan with aluminum foil and lightly coat with nonstick cooking spray.
- 3 Mix the Italian Seasoning Blend with olive oil and lemon juice in a large bowl. Reserve 2 Tbsp of the oil mixture.
- 4 Toss the potatoes, onions, and garlic in the bowl to season them with the spice and oil mixture. Spread vegetables on the pan and bake for 10-15 minutes until the potatoes begin to brown—they will not be fully cooked at this point.
- 5 Remove the pan from oven. Add the green beans to the pan and lightly mix. Place the salmon fillets next to vegetables on the pan and brush with the remaining oil mixture. Season with salt and black pepper to taste.
- 6 Bake for an additional 15-20 minutes or until potatoes are tender and fish flakes.



Nutrition information:

545 calories
43 g carbohydrates
0 g added sugar
30 g protein
29 g fat
5.5 g saturated fat
10 g fiber
162 mg sodium
169 mg calcium
5 mg iron
1485 mg potassium
12 mcg vitamin D