



One Pan Salmon

Servings 2 | Prep time 25 mins. | Total time 1 hour 10 mins.

Equipment:

Baking sheet
Aluminum foil
Small bowl

Utensils:

Food brush or fork
Mixing spoon
Measuring cups and spoons

Ingredients

1/2 pound small (red or yellow) potatoes, quartered
4 tablespoons olive oil OR vegetable oil, divided
1/4 teaspoon salt, divided
1/4 teaspoon black pepper, divided
4 cloves garlic, minced OR 2 1/4 teaspoon garlic powder, divided
4 tablespoons lemon juice, divided
2 teaspoons ground thyme, divided
1/2 teaspoon ground ginger
2 4 ounce (fresh or frozen) salmon fillets
1 pound broccoli, chopped

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Defrost salmon according to package directions.
3. Preheat the oven to 400 degrees.
4. Cover a baking sheet with aluminum foil. Spread potatoes out on the sheet and drizzle with 1 tablespoon of oil. Season with salt, black pepper, 2 cloves of garlic (2 teaspoons garlic powder), and 1 tablespoon lemon juice. Bake for 30 minutes.
5. Make salmon glaze. Combine 1/8 teaspoon salt, 1/8 teaspoon black pepper, 1 teaspoon thyme, 2 garlic cloves (2 teaspoons garlic powder), ginger, 2 tablespoons oil, and 2 tablespoons lemon juice. Mix well.
6. Remove potatoes from the oven and push them to the top or side of your baking sheet. Place your salmon fillets on the baking sheet. Brush both sides of the salmon with the glaze.
7. Place broccoli on the baking sheet and top with 1 tablespoon oil, 1 tablespoon lemon juice, 1/8 teaspoon salt, and 1/8 teaspoon black pepper. Sprinkle 1 teaspoon of thyme on the broccoli and potatoes.
8. Bake for 10-12 minutes. (The salmon should flake easily with a fork when it's ready.)

Nutritional Information:

Calories 680
Total Fat 40g
Sodium 720mg
Total Carbs 40g
Protein 44g