



# One Pan Salmon

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

**Equipment:** Sheet Pan, Aluminum Foil, Small Bowl, Measuring Cups and Spoons

**Utensils:** Food Brush or Fork, Mixing Spoon

## Ingredients

½ pound small red or yellow potatoes, quartered  
4 tablespoons olive or vegetable oil, divided  
1/4 teaspoon salt, divided  
¼ teaspoon black pepper, divided  
4 cloves garlic, minced, or 2 ¼ teaspoon garlic powder, divided  
4 tablespoons lemon juice, divided  
2 teaspoons dried thyme  
½ teaspoon ground ginger  
2 4 ounce salmon fillets, fresh, or frozen  
1 pound broccoli, chopped

## Nutritional Information:

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

## 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 sheet pan with aluminum foil. Spread out potatoes on the pan and drizzle with 1 tablespoon of oil. Season with salt, pepper, 2 cloves of garlic, and 1 tablespoon lemon juice. Bake for 30 minutes.
5. Make salmon glaze. Combine 1/8 teaspoon salt, 1/8 teaspoon pepper, 1 teaspoon thyme, 2 garlic cloves, ginger, 2 tablespoons of oil, and 2 tablespoons of lemon juice. Mix well.
6. Remove potatoes from the oven and push them to the top or side of your pan. Place your salmon fillets on the pan. Brush both sides of the salmon with the glaze.
7. Place broccoli on the pan and top with 1 tablespoon oil, 1 tablespoon lemon juice, 1/8 teaspoon salt, and 1/8 teaspoon 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.)