

Greek Salmon Sheet Pan Meal

- 1 pound zucchini - cut into coins
- 2 bell pepper - red, yellow or orange are best
- 1/2 red onion
- 1 pound salmon
- 1 tablespoon garlic olive oil (1 tablespoon olive oil + 1 teaspoon garlic powder)
- 2 tablespoons apple cider vinegar
- 2 teaspoons Italian seasoning
- 1 teaspoon oregano
- 1 teaspoon Himalayan sea salt



1. Preheat the oven to 450F. Place a piece of parchment paper or a silicone liner on a large sheet pan.
2. Chop the vegetables. Cut the zucchini into 1/2 inch thick coins. Chop the peppers and red onion into bite size pieces. Add to sheet pan.
3. Cut the salmon into portions (leaving on the skin) using kitchen shears. Add the salmon to the sheet pan.
4. Make the greek marinade by combining the garlic olive oil, apple cider vinegar, Italian seasoning, oregano and salt in a small bowl.
5. Spoon 1/2 of the marinade on top of the salmon pieces. Add the other 1/2 of the marinade to the vegetables. Spread the marinade evenly on the fish and stir the vegetables well to combine.
6. Place the sheet pan in a preheated oven for 12 minutes.

Serving Size = 3 ounces of salmon and 1 cups of vegetables