

One Pan Salmon and Veggies

- 1 lbs wild salmon fillet
- 4 cups (1.25 lb) butternut squash, cubed
- 4 cups (1.25 lb) brussels sprouts, halved
- 1 tablespoon extra-virgin olive oil

Garlic Sauce:

- 2 tablespoons lemon juice
- 3 large garlic cloves, grated
- 1 teaspoon Himalayan sea salt
- Ground black pepper, to taste



1. Preheat oven to 425 degrees F and line large baking sheet with silicone mat or unbleached parchment paper.
2. In a small bowl, add lemon juice, garlic, salt, pepper and whisk. Place salmon fillet in the middle of the baking sheet, pour 1/3 of garlic sauce on top and spread with a brush.
3. In a medium bowl, add butternut squash, drizzle with 1 tablespoon oil and 1/3 of garlic sauce. Mix well to coat and transfer to a baking sheet on one side of salmon fillet in a single layer. Repeat this step with brussels sprouts.
4. Bake for 30 minutes with squash side further in the oven. Serve hot, with a side of quinoa if you wish. Perfect for a meal prep.

Makes 4 servings.

Serving Size = 3 ounces of salmon and 1 cup of cooked veggies

Enjoy with 1 cup of on plan fruit to complete the meal.

