

Sheet Pan Salmon with Potatoes & Broccoli

Prep: 15 min
Cook: 25 min
Serves: 4

Ingredients:

- 1 ½ pounds baby red potatoes, quartered
- 2 tablespoons olive oil, divided
- ½ teaspoon garlic powder
- Kosher salt, to taste
- 1 head broccoli, cut into florets
- 2 tablespoons unsalted butter, melted
- 3 garlic cloves, minced
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 4 salmon fillets
- 1 teaspoon chopped fresh oregano (optional)

Directions:

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
2. Mix together potatoes, 1 tablespoon olive oil and garlic powder in a medium bowl.
3. Arrange potatoes in a single layer on the baking sheet and season with salt. Bake for 10 minutes.
4. While potatoes are cooking, mix together broccoli florets and remaining 1 tablespoon olive oil in the medium bowl from the potatoes. Season with salt.
5. Whisk together butter, garlic, cloves, oregano and thyme in a small bowl.
6. Remove potatoes from the oven and arrange broccoli and salmon fillets in a single layer on the baking sheet. Brush the salmon with the butter mixture. Season with salt.
7. Return baking sheet to the oven and bake for 15 minutes, or until salmon is cooked through and flakes easily. Garnish with fresh oregano and serve.



Nutrition Information		
Serving size: 400g	4 servings	Calories: 550
Amount per Serving		% Daily Value
Total Fat	33g	42%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	90mg	30%
Sodium	430mg	19%
Total Carbohydrate	37g	13%
Dietary Fiber	5g	18%
Total Sugars	4g	
Added Sugars	1g	2%
Protein	31g	
Vitamin D	0mcg	
Calcium	141mg	10%
Iron	3mg	15%
Potassium	1454mg	30%