



Lemon Herb Salmon & Veggies

A simple, delicious sheet pan meal with flaky salmon, roasted vegetables and bright lemon herb flavor.



SERVES
4



PREP TIME
10 MIN



COOK TIME
20 MIN



HEALTHY
& DELICIOUS

Ingredients

1 (3.9 oz)	can salmon, drained and flaked (or use salmon fillets)
1 lb	baby potatoes, halved
1 bunch	asparagus, trimmed
1 cup	cherry tomatoes
2 tbsp	olive oil
2 cloves	garlic, minced
1 tbsp	lemon juice (fresh)
1 tsp	dried Italian herbs (or oregano, thyme, basil)
½ tsp	salt
¼ tsp	black pepper
1	lemon, sliced (for garnish)
2 tbsp	fresh parsley, chopped (for garnish)

Directions

1

Preheat oven to 400°F (200°C).

2

On a large baking sheet, toss potatoes, asparagus and tomatoes with olive oil, garlic, lemon juice, Italian herbs, salt and pepper.

3

Spread the vegetables in an even layer and place the salmon on top.

4

Bake for 15–20 minutes, or until the vegetables are tender and the salmon is heated through and lightly golden.

5

Top with fresh lemon slices and chopped parsley, if desired. Serve immediately.

