



SHEET-PAN SALMON AND SWEET POTATO

A colorful, satisfying dinner that keeps preparation and cleanup simple.

PREP

10 minutes

COOK

20 to 25 minutes

YIELD

2 servings

INGREDIENTS

- 2 salmon fillets, about 4 ounces each
- 1 medium sweet potato, cut into small cubes
- 2 cups broccoli florets
- 1 tablespoon olive oil, divided
- 1 lemon
- Garlic powder, paprika, and black pepper to taste

INSTRUCTIONS

- 01** Heat the oven to 425°F.
- 02** Toss the sweet potato with half the olive oil and seasonings. Roast for 10 minutes.
- 03** Add the broccoli and salmon to the pan. Brush with the remaining olive oil and season.
- 04** Roast for another 10 to 15 minutes, until the vegetables are tender and the salmon reaches a safe internal temperature.
- 05** Finish with fresh lemon juice.

SIMPLE SWAP

Use chicken breast or extra-firm tofu and adjust cooking time as needed.