

Sheet Pan Dijon Salmon & Veggies

2 SERVINGS 25 MINUTES



INGREDIENTS

3 tbsps Extra Virgin Olive Oil
1 tsp Dijon Mustard
1 tsp Italian Seasoning
1/2 Lemon (medium, juiced, zested)
Sea Salt & Black Pepper (to taste)
12 ozs Salmon Fillet (skin on)
2 cups Green Beans (trimmed)
3/4 cup Red Onion (chopped)
1 Yellow Bell Pepper (medium, cut into wedges)
2 cups Cherry Tomatoes

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C). In a small bowl, mix together the oil, mustard, Italian seasoning, lemon juice, lemon zest, salt, and pepper.
- 02 Place the salmon on a baking sheet skin-side down and brush with approximately 1/3 of the oil mixture.
- 03 Add the green beans, onion, bell pepper, and tomatoes to a large bowl and toss with the remaining oil mixture.
- 04 Scatter the vegetables around the salmon and transfer the baking sheet to the oven. Cook for 12 to 15 minutes, until the salmon is cooked through and the vegetables are tender. The timing may vary depending on the thickness of the salmon. Remove the salmon if necessary to avoid overcooking.
- 05 Divide the salmon and veggies evenly onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one piece of salmon and 2 1/2 cups of cooked vegetables.