**🍽️ Dinner: Baked Salmon with Roasted Vegetables**

**Why it’s good for the brain:**

* Salmon provides omega-3 fatty acids that support neuron health and lower inflammation.
* Roasted vegetables (such as broccoli, carrots, and sweet potatoes) deliver antioxidants and fiber, supporting overall cognitive and vascular health.
* Olive oil again provides beneficial fats and polyphenols.

**Ingredients:**

* 4 oz salmon fillet
* ½ cup broccoli florets
* ½ cup sliced carrots
* ½ cup diced sweet potatoes
* 2 tablespoons olive oil, divided
* ½ teaspoon garlic powder
* Salt and pepper to taste
* Lemon wedges (optional)

**Instructions:**

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Arrange salmon on one side of the baking sheet, drizzle with 1 tablespoon olive oil, sprinkle with garlic powder, salt, and pepper.
3. Toss broccoli, carrots, and sweet potatoes with remaining olive oil, salt, and pepper. Spread vegetables on the other side of the baking sheet.
4. Bake in the oven for about 20 minutes, or until salmon flakes easily with a fork and vegetables are tender and slightly caramelized.
5. Serve salmon with roasted veggies, squeeze fresh lemon juice on top if desired.