Baked Salmon with Roasted Mixed Vegetables

**Meal Ingredients**

* Wild Caught Salmon
* Variety of different Vegetables
* 1 Tablespoons avocado oil or coconut oil
* 1 Tablespoon of avocado oil or cocounut oil for the vegetables
* Garlic salt sprinkle to taste
* Onion powder sprinkle to taste
* Pepper sprinkle to taste

**Cajun Seasoning**

Mix together and store in a labeled jar.

**Ingredients**

* 6 Tablespoon fine sea salt
* 2 Tablespoons of chili powder
* 3 Teaspoons of garlic powder
* 3 Teaspoons ground black pepper
* 3 Teaspoons paprika
* 2 Teaspoons celery salt
* 2 Teaspoons ground mustard
* 2 Teaspoons ground basil
* 1 ½ Teaspoons ground sage
* 1 ¼ Teaspoons cayenne pepper
* 1 Teaspoon arrowroot powder
* 1 Teaspoon onion powder
* 1 Teaspoon ground oregano

1 COOK VEGETABLES

Preheat oven to 425 F. Peel and cut up carrots (if they are organic you can just scrub real good) . Cut up all other vegetables. Spread on a baking sheet with a large drizzle of oil garlic salt, onion powder, and pepper. Roast for about 15 to 20 minutes or until vegetables are tender.

2 COOK SALMON

If you have 2 ovens preheat your second oven to 350 F. If you only have one oven turn the oven down to 350 F. You may have to leave your vegetables in a little longer depending on how long they cooked at 425 F.

Grease baking sheet with oil. Cut salmon in to serving size pieces. Lay salmon on baking sheet. Sprinkle the cajun seasonings on the salmon. Bake for 12 – 15 minutes.