



## Sheet-Pan Rainbow Veggies & Lemon-Garlic Salmon

### INGREDIENTS (Yield: 4 servings)

- ½ medium red onion large dice
- 2 ½ cups broccoli florets
- 1 medium yellow squash, sliced into ½-inch thick pieces
- 2 tablespoons olive oil, divided
- ½ tablespoon black pepper
- 4 garlic cloves, minced
- 2 teaspoons lemon juice
- 4 (4 ounce) salmon fillets
- 1 cup grape tomatoes

NUTRITION INFORMATION: 231 Calories; 11 grams Fat; 1.5 grams Saturated Fat; 59 mg Cholesterol; 91 mg Sodium; 8 grams Carbohydrates; 3 grams sugar; 3 grams Fiber; 25 grams Protein

### DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a 13 X 18-inch baking sheet with parchment paper.
3. Place yellow squash, red onion, and broccoli on the baking sheet and drizzle with 4 teaspoons of olive oil, season with pepper, and toss. Roast vegetables in preheated oven for 8 minutes.
4. In a small bowl, stir together 1 teaspoon of olive oil, 2 minced garlic cloves and lemon juice, set aside.
5. Place salmon fillets on baking sheet and brush with the lemon-garlic mixture. Place tomatoes on the baking sheet and drizzle with remaining 1 teaspoon of olive oil. Sprinkle remaining 2 garlic cloves evenly over all vegetables. Return to oven and roast for 12-15 minutes, or until salmon has cooked through and vegetables have browned.