

Sheet Pan Salmon for Sheet Pan Meals

Prep Time: 10 mins

Cook Time: 50 mins

Ingredients

2 Fillets Salmon (fresh or frozen)
1 medium Red Bell Pepper
1 medium Yellow Zucchini
1 medium Green Zucchini
1 medium Red Onion
1 Tbsp Extra-virgin Olive Oil
1 Tbsp Dry Herb Rub
2 cups Brown rice (all size meal plans)

Makes 3 Servings

Nutrition Information

For 1 palm of hand and 1 cup rice:

- Protein: 28 g
- Calories: 523 kCal
- Sodium: 63 mg

Instructions

1. Preheat oven at 400 °F or 200 °C.
2. Cut and lay a piece of parchment paper on the baking sheet, then set it aside.
3. Cut peppers, zucchinis, and onion using a medium dice.
4. Add olive oil and the dry herb rub to the large bowl and whisk to combine.
5. Add the diced veggies to the bowl and toss them around.
6. Arrange the vegetables on one side of the baking sheet and place in the oven for 20 minutes at 400 °F (200 °C) or higher.
7. Remove the baking sheet from the oven.
8. Lower the oven's temperature to 375 °F or 190 °C.
9. Add the salmon fillets to the empty space on the baking sheet and return it to the oven.
10. Bake for 30 minutes (40 minutes for frozen salmon).
11. Cook brown rice according to product instructions.