



BAKED SALMON & ROASTED VEGGIES

Salmon provides heart-healthy omega-3 fats, while roasted vegetables add fiber, vitamins, and antioxidants.



PREP TIME
10 MIN



COOK TIME
15 MIN



SERVINGS
4

Ingredients

- 4 salmon fillets (4–6 oz each)
- 3 cups mixed vegetables (broccoli, carrots, zucchini, bell peppers)
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tsp dried oregano or Italian seasoning
- Salt and black pepper, to taste
- Lemon wedges, for serving

Instructions

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Toss vegetables with 1 tbsp olive oil, garlic, seasoning, salt, and pepper. Spread evenly on the baking sheet.
3. Place salmon fillets on the pan and brush with remaining 1 tbsp olive oil. Season lightly with salt and pepper.
4. Bake for 15–20 minutes, until salmon flakes easily with a fork and vegetables are tender.
5. Serve with a squeeze of fresh lemon.

Storage Tips:

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently or enjoy cold on a salad.