

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 2 cups Cherry Tomatoes
- 10 ozs Salmon Fillet
- 1 Yellow Bell Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	579	Cholesterol	65mg
Fat	41g	Sodium	728mg
Carbs	28g	Vitamin A	2468IU
Fiber	7g	Vitamin C	303mg
Sugar	11g	Calcium	112mg
Protein	29g	Iron	2mg