



## SHEET PAN RAINBOW VEGETABLES AND LEMON GARLIC SALMON

### ingredients:

- |   |                             |
|---|-----------------------------|
| 1 medium yellow squash, sliced into 1/2-inch-thick pieces | 1/2 Tablespoon black pepper |
| 2 1/2 cups broccoli florets                               | 4 garlic cloves, minced     |
| 1/2 medium red onion, chopped in large pieces             | 2 teaspoons lemon juice     |
| 2 Tablespoons olive oil, divided                          | 4 (4-ounce) salmon fillets  |
|   | 1 cup grape tomatoes        |

### directions:

1. Preheat oven to 400° F. Line a 13 x 18 in baking sheet with parchment paper.
2. 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.
3. In a small bowl stir together 1 teaspoon of olive oil, half of minced garlic and lemon juice, set aside.
4. Place salmon on baking sheet and brush salmon fillets with the lemon-garlic mixture.
5. Place tomatoes on baking sheet and drizzle with remaining 1 teaspoon of olive oil. Sprinkle remaining garlic evenly over all vegetables.
6. Return to oven and roast for 12-15 minutes, or until salmon has cooked through and vegetables have browned.

Yield: 4 servings

### Nutrition Information Per Serving:

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

Food exchanges:  
2 vegetable, 3 protein



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