



**Catholic
Health Services**
of Long Island
At the heart of health

One-Sheet-Pan Teriyaki Salmon Dinner

Serves 2

Ingredients

2 wild salmon filets (about 5 oz. each)
¼ cup reduced-sodium teriyaki sauce
1 head broccoli, chopped
1 bag sugar snap peas
1 bag tri-color baby carrots
Propellant-free avocado oil spray
Salt & pepper, to taste
Scallions, for garnish



Preparation

1. Preheat oven to 400° F. Cover a large sheet pan with parchment paper, and lightly spray with oil.
2. Spread all the vegetables evenly on the pan. Spray with oil, and season with pepper and a pinch of salt, if desired. Bake in the oven for about 10 minutes, then remove the vegetables from the oven and toss.
3. Move the vegetables over slightly to make room for the salmon filets. Place the salmon on the sheet pan, and coat each filet with about 2 tbsp. of the teriyaki sauce. Bake in the oven for another ~10 minutes.
4. Assemble each meal prep container with one salmon filet and half of the vegetables.



Pro Tip: Add a scoop of cooked quinoa for extra protein and fiber!