



BAKED LEMON PEPPER SALMON



Quick and easy. Dinner cooked all on one sheet pan for easy clean up. Salmon served with green beans and asparagus.

PREPARATION TIME: 15 minutes

COOK TIME: 15 minutes

TOTAL: 30 minutes

SERVINGS: 4

INGREDIENTS:

- 20 ounces of salmon (cut into 4 portions)
- 16 oz. of green beans, cut off ends
- 1 bunch of asparagus, trim off bottom ends
- 1 lemon, sliced into rounds
- 1 Tablespoon of olive oil
- 1 ½ Tablespoons of Lemon Herb Seasoning.

Note: Can use McCormick's Lemon Herb Seasoning or any brand

LEMON DILL YOGURT SAUCE

- ¾ cup of plain, low fat Greek yogurt
- 1 clove garlic, minced
- 1/8 teaspoon of salt
- ½ teaspoon of dill (dried, if fresh 1 TBSP)
- 1 Tablespoon of lemon zest

NUTRITION FACTS:

PER SERVING: 1 FILLET + VEGGIES

312 calories; 34g protein; 14g fat; 3g sat fat, 13g carbohydrates; 5g fiber; 7g sugar, 164 mg sodium

DIRECTIONS:

STEP 1

Preheat oven to 425 F.

STEP 2

Toss the green beans and asparagus with olive oil and 1 Tablespoon of lemon herb seasoning.

STEP 3

On a large sheet pan, put a piece of parchment paper or aluminum foil over the pan. Place vegetables on half the pan with lemon slices.

STEP 4

Add the salmon fillets and brush with olive oil. Sprinkle the rest of the lemon herb seasoning on the salmon. If you need 2 sheet pans to fit everything, that's okay.

STEP 5

Bake for 12- 15 minutes or until salmon is cooked through. Allow salmon to sit for 3 minutes before serving.

STEP 6

While salmon is cooking, mix together lemon dill yogurt sauce. Serve over the salmon.

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