
Sheet Pan Salmon & Veggies

Total time: 40 min Yield: 4 servings

Ingredients

cooking spray
1 lb kabocha squash (washed)
2 Tbsp extra virgin olive oil (divided)
1 tsp paprika
1 Tbsp garlic salt (divided)
black pepper
3 lb salmon fillets or steaks
1 tsp dried dill
1 lemon (zested then thinly sliced)
1 lb asparagus
fresh dill (garnish)

Prep Time: 5 min Cooking Time: 35 min Total Time: 40 min

Instructions

Preheat oven to 425°F. Cover a rimmed baking sheet with parchment or foil and generously coat with cooking spray.

Cut the kabocha squash in half and discard the seeds; then cut each half into 1/2" slices.

In a large bowl, toss the kabocha in 1 tbsp. olive oil then sprinkle with 1 tsp. garlic salt and pepper to taste, and place on one side of the prepared sheet pan. Bake the kabocha for 15 minutes.

Remove the pan from the oven and increase the temperature to 450°F. Add the salmon to the pan, season with dill, 1 tsp. garlic salt and pepper to taste, then top with lemon slices. Cook for 10 minutes.

Snap off the tough ends of the asparagus and place into a large bowl. Toss with the remaining 1 tbsp. olive oil, 1 tsp. garlic salt and pepper to taste. Add the asparagus to the sheet pan and bake for an additional 5 minutes (may need a little longer for thick salmon).

Remove the pan from the oven and sprinkle the asparagus with lemon zest. Serve this easy-to-prepare, easy clean-up, quick & 'ono weeknight dinner with a glass of Merlot.

Recipe brought to you by:

Chef Michi Holland