



Sheet Pan Salmon

Favorite Healthy Choice Recipe of the Detroit Red Wings

INGREDIENTS:

- 1 whole wild salmon fillet
- 1 pint of cherry tomatoes
 - 1 bell pepper
 - 2 shallots, sliced
 - 1 lime, sliced
- Handful of Kalamata olives
 - Microgreens of choice



Dressing – your favorite or ours:

- 1 teaspoon of sea salt
- 1 teaspoon of paprika
- 1 teaspoon Harissa spice
 - 1 teaspoon of sumac
- 1 tablespoon of date syrup
- 1 tablespoons of pomegranate molasses
- 2 tablespoons of olive oil
- 3 minced garlic cloves
- Juice from 1/2 lemon

DIRECTIONS:

1. Put all dressing the ingredients in a bowl and mix it well.
2. Preheat the oven to 400F.
3. Place the salmon on a baking pan with parchment paper.
4. Arrange all the veggies around the fish.
5. Pour the dressing over the fish.
6. Bake at 400° for 20 minutes.
7. Transfer to the broiler for 5 minutes for a golden brown color and top with microgreens.

This recipe has been reviewed by board certified Lifestyle Medicine dietitians to ensure nutritional value and alignment with evidence-based healthy eating principles.



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