Maple Dijon Salmon w/ Vegetables

INGREDIENTS

for the vegetables:

- 2 cups Brussels sprouts, halved
- 2 tsp white balsamic vinegar
- 1 tbsp avocado oil (or other neutral-tasting oil), divided
- 1/2 tsp coarse sea salt, divided
- 1 tsp freshly cracked black pepper, divided
- 2 cups sweet potatoes, cut into 1/2-inch cubes
- 1 tsp maple syrup

for the salmon:

- 1 lb salmon filet
- 3 cloves garlic, minced
- 1 tbsp dijon mustard
- 1 tbsp maple syrup
- 1/2 tbsp apple cider vinegar
- 1/2 tsp freshly cracked black pepper
- 1/2 tsp sea salt

INSTRUCTIONS

1. Line a sheet pan with parchment. Heat oven to 400°F.
2. Add halved Brussels sprouts to a large bowl with balsamic vinegar, 1/2 tbsp avocado oil, 1/4 tsp salt, and 1/2 tsp pepper. Toss to coat. Spread Brussels sprouts onto sheet pan.
3. In the same bowl, add cubed sweet potatoes, maple syrup, and remaining avocado oil, salt and pepper. Toss to coat and add to baking sheet with brussels sprouts. Spread into one single layer.
4. Roast brussels sprouts and sweet potatoes for 10-15 minutes while you prepare the salmon.
5. In a small bowl, stir together minced garlic, dijon, maple syrup, cider vinegar, salt and pepper. Spread mixture evenly over the top of the salmon.
6. Remove vegetables from the oven and stir. Make a space in the center and place the salmon on the baking sheet. Return to the oven for 10 minutes. It may take a bit more or less time depending on the thickness of your salmon.
7. Turn broiler on and broil salmon and veggies, watching carefully, for 3-5 minutes, or until crispy but not burned. Remove from oven and serve immediately.

Adapted from https://livelytable.com/sheet-pan-maple-dijon-salmon/
Teriyaki Salmon (https://chefsavvy.com/easy-teriyaki-salmon/):

- 4 salmon filets, skinless
- 1 clove garlic, minced
- ½ teaspoon ginger, minced
- ¼ cup low sodium soy sauce (It is important to use low sodium. I find regular makes the sauce too salty)
- ¼ cup water
- 2-3 tablespoons brown sugar (depending on how sweet you like it)
- 1 tablespoon rice wine vinegar
- 1 teaspoon sesame oil

Cilantro Lime Salmon (https://www.closetcooking.com/cilantro-and-lime-salmon/):

- 2 tablespoons oil
- 1 lime, juice and zest
- 2 tablespoons cilantro, coarsely chopped
- 1/2 jalapeno, coarsely chopped (optional)
- 1 clove garlic, coarsely chopped
- salt and pepper to taste
- 2 pound salmon fillet

Other Sheet Pan Meal Ideas:

- Chicken with Green Beans and Potatoes
- Sausage, Peppers, Onions (serve w/ rice or hoagie buns)
- Nachos
- Shrimp with Sides