

# ROASTED SALMON AND VEGGIES WITH SALMON SPICE RUB

Serves 4

## Ingredients

- 1 pound **baby potatoes**, halved or quartered if large
- 2 tablespoons **olive oil**, divided
- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon **dried oregano**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **black pepper**
- 12 ounces **green beans**, trimmed
- 4 **salmon fillets**, about 6 ounces each
- 1 **lemon** cut into wedges, for serving

## Salmon spice rub ingredients:

- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon **dried oregano**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **black pepper**
- 1/2 teaspoon smoked or regular **paprika**
- 1/4 teaspoon **chili powder**

## Nutrition Facts\*

1 serving

Calories: 400

Protein: 40 grams

Total Carbohydrates: 27 grams

Dietary Fiber: 5 grams

Total Fat: 15 grams

\*Nutrition facts are an estimate and vary based on serving size.



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## Directions

- 1 Preheat oven to 425°F. For easier cleanup, line a large baking sheet with parchment paper or foil.
- 2 Toss potatoes with 1 tablespoon of olive oil, 1/2 teaspoon garlic powder, 1/4 teaspoon dried oregano, 1/4 teaspoon salt and 1/4 teaspoon pepper. Spread the seasoned potatoes in a single layer on the prepared baking sheet. Roast potatoes in the oven for 20 minutes.
- 3 In a small bowl, mix together the spices for the salmon spice rub: 1/2 teaspoon garlic powder, 1/4 teaspoon dried oregano, 1/4 teaspoon salt, 1/4 teaspoon black pepper, 1/2 teaspoon smoked or regular paprika, and 1/4 teaspoon chili powder. Set aside.
- 4 In a medium bowl, toss green beans with 2 teaspoons olive oil and a pinch of salt and pepper.
- 5 After 20 minutes, remove the potatoes from oven. Push potatoes to one side of the baking sheet, and add the salmon and seasoned green beans to the other side of the baking sheet. Brush or spray about 1 teaspoon of olive oil on the salmon and season each fillet with the salmon spice rub.
- 6 Roast everything together for 12 to 15 more minutes, until the salmon is cooked through and flakes easily with a fork, and the veggies are tender.
- 7 Finish with a squeeze of fresh lemon juice and serve warm.



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