

# ***Last Splash of Summer*** **Sheet Pan Salmon & Veggies**

Cook Time 20 minutes

Servings 4



## **Ingredients**

- 1 ½ lbs. wild caught salmon (vs. farm raised salmon)
- 2 mince garlic, fresh or pre-minced
- 2 summer squash
- 2 zucchini
- 1 head of fresh broccoli
- 4-5 TBSP melted butter
- 1 TBSP brown sugar
- 1 TSP oregano
- 1 TSP thyme
- Drizzle of avocado oil
- A sprig of fresh rosemary
- Fresh cracked pepper to taste
- Sea salt

## **Instructions**

1. Preheat oven to 400°.
2. Cut fresh salmon into individual serving sizes and rub with minced garlic.
3. Slice summer squash and zucchini. Cut broccoli florets into bit size pieces.
4. Arrange salmon onto the middle of a large sheet pan that has been sprayed with cooking oil. Add summer squash, zucchini, and broccoli along each side of the salmon.
5. Melt butter in a separate dish and mix in brown sugar, oregano, thyme and rosemary. Pour over salmon slices.
6. Drizzle avocado oil onto veggies and add fresh cracked pepper and sea salt to taste.
7. Bake for 15-20 minutes. A shorter cooking time is recommended for wild caught salmon so that it does not dry out. Farm raised salmon is a little fattier and should be cooked longer.

Gluten-free / Keto / Low-Carb / Paleo



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