RECIPE

Sheet-Pan Salmon, Sweet Potatoes and Broccoli

A one-pan dinner of lemon-dill salmon, sweet potatoes and broccoli, about 322 mg sodium and 409 kcal a plate.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 1 ¼ lb skinless wild sockeye salmon fillets, in 4 pieces
- [ ] 2 medium sweet potatoes (about 1 lb), peeled and cut in ¾-in cubes
- [ ] 4 cups broccoli florets (about 12 oz)
- [ ] 2 tbsp olive oil, divided
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp garlic powder
- [ ] ½ tsp dried dill
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 lemon, zested, then juiced (about 3 tbsp juice)

Method

1. Set the oven to 425 °F. Cover your biggest rimmed pan with parchment.
2. Toss the sweet potatoes on the pan with 1 tbsp of the oil, the paprika, the garlic powder and the salt. Spread in one layer and roast 15 minutes.
3. Toss the broccoli with the other tbsp of oil. Pat the salmon dry and rub the lemon zest, dill and pepper over the tops.
4. Pull the pan out. Push the sweet potatoes to one side, add the broccoli, and set the salmon in the cleared space, skin side down if it has skin.

5. Roast 12 to 15 minutes more, until the salmon flakes at its thickest point, the fish reads 145 °F on a thermometer, and the sweet potatoes are tender when poked. Thicker pieces take the long end.

6. Squeeze the lemon juice over everything and serve.

7. Cool leftovers no more than 2 hours, then refrigerate, covered, up to 3 days. Reheat to 165 °F.