



## **One-Pan Salmon with Roasted Asparagus**

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This brain-boosting recipe is packed with nutrients to help you feel more focused, refreshed, and alert. (yields: 2 servings)

## Ingredients:

- 14 oz. new potatoes, halved if large
- 2 Tbsp. olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 Tbsp. balsamic vinegar
- 2 salmon fillets, about 5 oz. each
- 1 handful basil leaves

1. Heat oven to 425 °F. Put the potatoes and 1 Tbsp. of olive oil into an ovenproof dish, and roast the potatoes for 20 minutes until they start to brown. Add the asparagus in with the potatoes, then return to the oven for 15 minutes.
2. Add the cherry tomatoes, vinegar, and nestle the salmon in amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 minutes until the salmon is cooked. Scatter the basil leaves on top and serve.

Recipe from: Good Food Magazine (<https://www.bbcgoodfood.com/>)



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