

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Stove-Roasted

Created by Healthy Free Life



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Discover the joy and convenience of our one-pan oven-roasted meals, a family and member favorite in our community. Each recipe, designed for simplicity and rich flavor, turns everyday ingredients into delightful dishes that please every palate. These one-pan wonders are not just about ease of preparation; they're a celebration of wholesome, delicious eating, embraced by families and loved by our members. Our oven-roasting technique ensures that each meal is both satisfying and nutritious, making these recipes perfect for any day of the week. Experience the harmony of flavors and the joy of minimal cleanup with these beloved stove-roasted favorites.



BIG BATCH, 4 SERVINGS

STOVE FORMULA

1 POUND MEAT

- beef - flank steak (my fave!), chuck steak, top sirloin, skirt steak, strip, round, etc
- chicken breast or thigh
- fish: salmon, cod, or mahi mahi
- tempeh, sliced

4+ CUPS CHOPPED VEGGIES PICK 1 OR MIX AND MATCH

- broccoli
- cauliflower
- peppers, sliced
- carrots
- mushrooms
- zucchini
- green beans
- Brussels sprouts, halved
- asparagus

STARCHY CARB VEGGIE PEELED AND CUT TO 1 INCH CUBES

- 2 large sweet potatoes (or 4 cups cubed)
- 1 whole butter squash (4 cups cubed)
- 2 large white potatoes (or 4 cups cubed)
- 2 acorn squash (4 cups cubed)

SEASON AS DESIRED

- salt & pepper
- Italian seasoning
- Most any fave meat seasoning
- 1 lemon, juiced
- Herbes de Provence
- etc.

Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper (if have).
2. Place the meat in the center of the baking sheet and arrange the chopped veggies and potato/winter squash in a single layer around the meat.
3. Drizzle olive/avocado oil over meat and veggies then add the seasoning, salt and pepper. Using your hands, toss or rub the spices evenly all over the veggies and the meat.
4. Bake for 25 minutes or until the meat is cooked through and the veggies are tender. Divide equally between plates and serve.

One Pan Balsamic Chicken & Veggies *

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. In a small bowl, combine the balsamic glaze, oil, mustard, and thyme.
3. Place the chicken onto a baking sheet and season with salt and pepper. Pour about half of the balsamic mixture over the chicken and toss to coat.
4. Place the broccoli, carrots, and onion onto a second baking sheet and pour the remaining balsamic mixture over top. Season with salt and pepper and toss well to coat.
5. Transfer both baking sheets to the oven and bake for 20 minutes. Remove the baking sheet with the veggies and take the broccoli off. Set aside.
6. Place the baking sheets back in the oven and bake for another eight to 10 minutes, until everything is cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups of chicken and 1 1/2 cups of veggies.

Ingredients

- 3 **tbps** Balsamic Glaze
- 1/3 **cup** Extra Virgin Olive Oil
- 1 **tsp** Dijon Mustard
- 1 **tsp** Dried Thyme
- 1 **1/2 lbs** Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Broccoli (chopped into florets)
- 3 Carrot (large, sliced on the bias)
- 1 Yellow Onion (medium, roughly chopped into wedges)

Nutrition

Amount per serving

Calories	450	Sugar	11g
Fat	25g	Protein	37g
Carbs	19g	Sodium	242mg
Fiber	4g		

One Pan Steak & Potatoes with Chive Butter Sauce

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
2. In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
3. Divide the steak, potatoes and peppers onto plates.
4. Combine the melted butter and chives. Drizzle overtop the steak and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

No Butter

Use ghee, oil or omit completely.

No Red Bell Pepper

Use cherry tomatoes, eggplant or any other veggies instead.

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 lb Top Sirloin Steak (cut into 1-inch cubes)
- 2 tbsps Avocado Oil
- 1 tsp Sea Salt
- 1/4 cup Butter (melted)
- 2 tbsps Chives (finely chopped)

Nutrition

Amount per serving

Calories	538	Sugar	4g
Fat	35g	Protein	26g
Carbs	30g	Sodium	661mg
Fiber	4g		

One Pan Crispy Chicken with Potatoes & Greens MR

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary

Use thyme or another herb instead.

No Kale

Use another green such as Swiss chard or spinach.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

1 1/2 lbs Chicken Thighs With Skin

4 cups Mini Potatoes (halved)

1/4 tsp Sea Salt

2 tbsps Rosemary (chopped)

4 cups Kale Leaves (chopped)

Nutrition

Amount per serving

Calories	500	Sugar	1g
Fat	29g	Protein	32g
Carbs	28g	Sodium	306mg
Fiber	4g		

One Pan Paleo Plate

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

Notes

No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast

Use turkey breast.

Vegans and Vegetarians

Replace chicken with roasted chickpeas.

Extra Time

Slice sweet potato into cubes or fries.

Ingredients

1 lb Chicken Breast

1/8 tsp Sea Salt

4 cups Brussels Sprouts (washed, trimmed and halved)

1 tbsp Extra Virgin Olive Oil (plus extra for brushing)

2 Sweet Potato (washed and sliced in half)

Nutrition

Amount per serving

Calories	259	Sugar	5g
Fat	7g	Protein	29g
Carbs	21g	Sodium	182mg
Fiber	5g		

One Pan Curried Chicken with Broccoli & Sweet Potato *

6 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
3. Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add other dried herbs and spices, like cumin or garlic powder.

No Broccoli

Use cauliflower or Brussels sprouts instead.

Ingredients

2 Sweet Potato (small, peeled and cubed)

3 cups Broccoli (cut into florets)

1 1/2 tbsps Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

10 ozs Chicken Breast

1 1/2 tps Curry Powder

Nutrition

Amount per serving

Calories	422	Sugar	8g
Fat	15g	Protein	38g
Carbs	36g	Sodium	181mg
Fiber	8g		

One Pan Lemon Oregano Chicken w/ Sweet Potato and Broccoli

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the sweet potatoes, and broccoli to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat.
3. Dump the veggies onto baking sheet and drizzle with olive oil.
4. Add chicken to bowl with seasonings. Toss the chicken evenly in the seasonings.
5. Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through. Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!

Notes

Make Starch-Free

Omit the sweet potatoes from the recipe

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Marinate the chicken for at least 30 minutes up to overnight before cooking.

Serve it With

Salad or wilted leafy greens.

Ingredients

- 1 lb Chicken Thighs (bone-in, skin removed)
- 4 Garlic (clove, minced)
- 2 Lemon (zest and juice divided)
- 1 1/3 tbsps Oregano
- 1 tsp Sea Salt
- 4 Sweet Potato (diced into 1/2 inch pieces)
- 2 cups Broccoli (broken into bite size pieces)

Nutrition

Amount per serving

Calories	277	Sugar	7g
Fat	5g	Protein	26g
Carbs	33g	Sodium	786mg
Fiber	6g		

One Pan Chicken & Veggie Stir Fry

12 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
3. Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
4. Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
5. Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes

Storage

Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian

Replace the chicken breast with chickpeas.

No Quinoa

Make brown rice instead.

Ingredients

- 3 tbsps Tamari
- 1 tbs Apple Cider Vinegar
- 1 tbs Raw Honey
- 1 tbs Sesame Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1 Red Bell Pepper (de-seeded and sliced)
- 1 Yellow Bell Pepper (de-seeded and sliced)
- 4 cups Broccoli (chopped into florets)
- 2 cups Snap Peas
- 3/4 cup Quinoa (dry)
- 1 1/2 cups Water
- 1 tbs Sesame Seeds

Nutrition

Amount per serving

Calories	422	Sugar	9g
Fat	11g	Protein	42g
Carbs	40g	Sodium	856mg
Fiber	7g		

One Pan Lemon Chicken

7 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
2. In a small bowl, mix together the extra virgin olive oil, lemon juice, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes, and brussels sprouts.
3. Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts

Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts

Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor

Add spices such as oregano, thyme, or chili flakes.

No Mini Potatoes

Use diced regular potatoes.

Additional Toppings

Add lemon slices, zest from one lemon, and fresh rosemary.

Ingredients

8 ozs Chicken Breast (skinless and boneless)

2 cups Mini Potatoes (halved)

2 cups Brussels Sprouts (halved)

2 tbsps Extra Virgin Olive Oil

1 tbsp Lemon Juice

1 tbsp Rosemary (fresh, chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	411	Sugar	3g
Fat	17g	Protein	32g
Carbs	35g	Sodium	82mg
Fiber	7g		

One Pan Roasted Veggies & Chicken

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the chicken in the center of the baking sheet and arrange the chopped potatoes, zucchini, bell pepper, and green beans in a single layer around the chicken. Drizzle oil over chicken and veggies then add the Italian seasoning, paprika and sea salt. Using your hands, toss or rub the spices evenly all over the veggies and the chicken.
3. Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Divide equally between plates and serve.

Notes

Vegetable Prep

To ensure your vegetables cook evenly, be sure to slice them into roughly the same sized pieces.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 8 ozs Chicken Drumsticks
- 1 Yellow Potato (medium, chopped)
- 1 Zucchini (medium, chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Green Beans
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1 tsp Paprika
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	435	Sugar	8g
Fat	25g	Protein	26g
Carbs	29g	Sodium	731mg
Fiber	6g		

One Pan Chicken Thighs, Green Beans & Sweet Potato

7 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Place the chicken thighs and sweet potato on the baking sheet and drizzle with avocado oil. Season with salt, pepper, paprika and thyme. Bake for 30 minutes.
3. Remove from the oven and add the green beans to the baking sheet. Place back in the oven for 10 to 15 minutes, or until everything is cooked through. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

No Thyme

Use rosemary, parsley or basil instead.

Ingredients

- 8 ozs Chicken Thighs with Skin
- 2 Sweet Potato (medium, cut into wedges)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving

Calories	416	Sugar	9g
Fat	22g	Protein	23g
Carbs	34g	Sodium	170mg
Fiber	7g		

One Pan Chicken Fajita Bowls

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
3. Bake for 30 minutes, or until chicken is cooked through.
4. Divide between bowls or containers. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 days.

More Carbs

Serve with brown rice, quinoa or black beans.

More Fat

Serve with avocado or cheese.

Vegan/Vegetarian

Use tofu or chickpeas instead of chicken.

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **lb** Chicken Breast
- 1 **tbsp** Cumin
- 1 **tbsp** Chili Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	241	Sugar	3g
Fat	11g	Protein	27g
Carbs	10g	Sodium	115mg
Fiber	3g		

One Pan Breakfast Hash

6 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
3. Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon

Use prosciutto, ham or turkey bacon.

More Vegetables

Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor

Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers

Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.

Ingredients

4 cups Brussels Sprouts (halved)

1/2 cup Red Onion (chopped)

1 tsp Avocado Oil

Sea Salt & Black Pepper (to taste)

5 slices Bacon (chopped)

4 Egg

Nutrition

Amount per serving

Calories	530	Sugar	6g
Fat	38g	Protein	28g
Carbs	20g	Sodium	713mg
Fiber	7g		

One Pan Cod & Sweet Potato w/ Greens

12 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and transfer to the baking sheet.
2. Combine the smoked paprika, oregano, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
3. Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky and cooked through.
4. Saute Swiss Chard (or other green of choice) with 2 mashed cloves of garlic for 2-3 minutes until wilted.
5. Divide the sweet potato, greens, and cod between plates. Serve with a lemon wedge and enjoy!

Notes

Cod Fillets

Use cod fillets that are approximately 230 grams or 8 ounces in size.

No Extra Virgin Olive Oil

Use avocado oil instead.

Leftovers

Store in the fridge in a sealed container for 2 to 3 days.

More Veggies

Serve with a side salad or extra veggies of your choice.

No Cod

Use another type of fish such as wild caught Mahi-Mahi or wild caught salmon

Ingredients

2 Sweet Potato (medium, cubed)

1 tsp Extra Virgin Olive Oil

1 1/2 tsp Smoked Paprika

1/2 tsp Oregano (dried)

1 tsp Chili Powder

1/4 tsp Cumin

1/4 tsp Garlic Powder

1/8 tsp Sea Salt

2 Cod Fillet

1/4 Lemon (sliced into wedges)

1 bunch Swiss Chard

2 Garlic Cloves

Nutrition

Amount per serving

Calories	334	Sugar	6g
Fat	4g	Protein	44g
Carbs	29g	Sodium	385mg
Fiber	5g		

One Pan Mediterranean Fish MR

10 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 450F and line a baking sheet with parchment.
2. Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
3. Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
4. Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout

Use salmon fillets instead.

Add Starchy Carb

Serve with brown rice, quinoa or roasted potatoes.

Kid Friendly Suggestion

May substitute with a favorite fish instead (mahi mahi is a kid favorite). Cook until flakes with fork. Chicken can also be substituted. Add a whole grain or potato and serve with favorite veggie.

Ingredients

- 2 cups Basil Leaves
- 1/2 Lemon (juiced)
- 1 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/4 cup Hemp Seeds
- 1/4 cup Extra Virgin Olive Oil
- 4 Rainbow Trout Fillet (about 5 oz. each)
- 1 1/2 cups Artichoke Hearts
- 1/2 cup Pitted Kalamata Olives
- 4 Tomato (large, quartered)

Nutrition

Amount per serving

Calories	425	Sugar	3g
Fat	26g	Protein	39g
Carbs	9g	Sodium	660mg
Fiber	6g		

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 2 cups Cherry Tomatoes
- 10 ozs Salmon Fillet
- 1 Yellow Bell Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	425	Sugar	11g
Fat	21g	Protein	37g
Carbs	27g	Sodium	220mg
Fiber	6g		

One Pan Salmon, Kale & Cabbage with Dill MR

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking pan with foil.
2. Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
3. Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
4. Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
5. Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

Notes

No Avocado Oil

Use olive oil instead.

No Apple Cider Vinegar

Use lemon juice instead.

Leftovers

Keep covered in the fridge up to two days.

No Fresh Dill

Use 2 T. of dried dill. It just won't have the same fresh flavor.

Add a Starchy Carb

Per serving: Serve over top of 1/2 to 3/4 cup cooked brown rice or quinoa. Or serve with roasted potatoes.

Ingredients

6 cups Green Cabbage (roughly chopped)

4 cups Kale Leaves (roughly chopped)

3 tbsps Avocado Oil

8 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

1/4 cup Fresh Dill (finely chopped)

2 tbsps Apple Cider Vinegar

1 tsp Dijon Mustard

Nutrition

Amount per serving

Calories	435	Sugar	10g
Fat	29g	Protein	27g
Carbs	18g	Sodium	147mg
Fiber	8g		

One Pan Salmon, Kale & Cabbage with Dill

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking pan with foil.
2. Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
3. Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
4. Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
5. Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

Notes

No Avocado Oil

Use olive oil instead.

No Apple Cider Vinegar

Use lemon juice instead.

Leftovers

Keep covered in the fridge up to two days.

No Fresh Dill

Use 2 T. of dried dill. It just won't have the same fresh flavor.

Ingredients

6 cups Green Cabbage (roughly chopped)

4 cups Kale Leaves (roughly chopped)

3 tbsps Avocado Oil

8 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

1/4 cup Fresh Dill (finely chopped)

2 tbsps Apple Cider Vinegar

1 tsp Dijon Mustard

Nutrition

Amount per serving

Calories	435	Sugar	10g
Fat	29g	Protein	27g
Carbs	18g	Sodium	147mg
Fiber	8g		