



## Blackened Salmon & Roasted Veggies (One-Pan Recipe)



SERVES 4

Active Time: 15 Minutes | Total Time: 35 Minutes

### INGREDIENTS

- 1 tablespoon paprika
- 1 1/2 teaspoons black pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 1/4 teaspoons salt, divided
- 1 pound sweet potatoes (about 3 potatoes), cut into 2" pieces [Or another non-starchy vegetable if on SFL Program]
- 1 tablespoon olive oil (omit for SFL Program)
- Non-stick cooking spray
- 8 ounces Brussels sprouts, halved vertically
- 4 (6-oz.) skinless salmon fillets
- 2 tablespoons chopped fresh parsley
- Lime wedges

### DIRECTIONS

1. In a small bowl, mix paprika, pepper, garlic powder, cumin, cayenne, and 3/4 teaspoon of salt then set aside.
2. Preheat oven to 425°F. Spray a tray lined with foil generously with non-stick cooking spray. Place potatoes on foil and sprinkle with 1/4 teaspoon of salt. Bake in preheated oven for 5 minutes.
3. Remove tray from oven, add Brussels sprouts to tray and sprinkle with seasoning mixture, bake another 10 minutes. Rub salmon with 1 tablespoon of oil and sprinkle with spice mixture. Flip potatoes and Brussels then add salmon to pan and cook until salmon is lightly browned and firm and veggies are tender (about 10-12 minutes).
4. Sprinkle with parsley and serve with lime wedges.