



Simple Roasted Salmon Recipe



SERVES 4

Prep Time: 20 Minutes | Total Time: 20 Minutes

INGREDIENTS

- Non-stick, cooking spray
- 1 cup chopped onion
- 1 cup diced bell pepper
- 1 medium zucchini, halved and sliced
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 ½ cups coconut curry simmer sauce
- ½ cup vegetable broth
- 4 cups baby spinach
- 2 cups brown rice or cauliflower rice

DIRECTIONS

1. Preheat oven to 425°F. Spray a large rimmed non-stick baking sheet with cooking spray. Place garlic, beans, tomatoes, olives and anchovies (if using) on tray and sprinkle with 1/4 tsp pepper.
2. Put tray in oven and cook until veggies are tender and starting to brown (about 12-15 minutes).
3. In the meantime, spray a large skillet generously with cooking spray. Place salmon in skillet and sprinkle with 1/4 tsp salt and 1/4 tsp pepper. Cook until golden brown and opaque (about 4-5 minutes per side). Serve with veggies!

Nutritional Information (per serving):

About 270 calories, 15 g fat (3 g saturated), 31 g protein, 445 mg sodium, 15 g carbs, 5 g fiber