

Sweet and Savory Salmon Sheet Pan Meal

~ Makes 4 Servings ~



Ingredients

- 16 medium-sized pieces of asparagus
- 1 Tbsp. olive oil
- 1/8 tsp. black pepper
- 8 oz. multi-colored fingerling potatoes
- 8 oz. cubed butternut squash
- 3 shallots, quartered
- 4 - 5 garlic cloves, peeled
- 1 lb. fresh salmon
- Pomegranate seeds, as optional garnish
- Seasoning Mix
 - 2 - 3 Tbsp. olive oil
 - 1 Tbsp. McCormick Perfect Pinch Salt Free Signature Seasoning Blend
 - 1 Tbsp. chopped fresh parsley
 - Pinch of dried thyme
 - Pinch of black pepper
- Glaze
 - 5 Tbsp. brown sugar
 - 2 tsp. white balsamic vinegar
 - 1 Tbsp. Dijon mustard
 - 1/4 tsp. reduced sodium soy sauce
 - Pinch of dried thyme
 - Pinch of black pepper
 - 1 tsp. fresh minced garlic
 - 1/2 tsp. lemon juice

Nutrition Facts (1/4 Recipe) - 455 Calories, 22g Total Fat, 3g Saturated Fat, 40g Total Carbohydrates, 5g Fiber, 15g Added Sugars, 119mg Sodium, 27g Protein.

Directions

1. Preheat oven to 350 °F.
2. Wash and cut the bottom ends off the asparagus. Place asparagus in a bowl and add 1 Tbsp. olive oil and 1/8 tsp. black pepper. Mix together. Spray a sheet pan with non-stick cooking spray and place the asparagus spears on one side of the pan.
3. Cut the potatoes into 1/2 inch cubes.
4. If you bought a whole squash, peel and scoop out the seeds. Cut the squash into 1/2 inch cubes.
5. Peel and quarter each shallot.
6. In a bowl or plastic bag, add the potatoes, butternut squash, shallots, and whole garlic cloves.
7. In a small bowl, combine the ingredients listed under "Seasoning Mix". Add the seasoning mix to the vegetable medley in the bowl/plastic bag. Mix the seasoning around. Transfer the seasoned vegetables onto the pan (beside the asparagus).
8. Place the pan with all the vegetables into the oven.
9. Mix "Glaze" ingredients together and set aside for 5 - 8 minutes.
10. Clean and trim the salmon. Cut into 4 pieces. Spray another sheet pan with non-stick cooking spray and place the salmon in the pan. Season each filet with the McCormick Perfect Pinch Salt Free Signature Seasoning Blend. Spread the glaze on top of each salmon piece. Allow the glaze to set on the salmon for a few minutes prior to baking.
11. Bake at 350 °F for 20 minutes, or until the vegetables are tender and the salmon reaches an internal temperature of 145 °F (note - if the salmon gets past 160 °F, it will dry out).
12. Remove everything from the oven. Place the vegetable medley on each plate, top with the salmon, and lean the asparagus spears against the salmon.
13. Sprinkle each dish with some pomegranate seeds as a garnish.

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