

Easy sheet pan salmon dinner

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If there's one dinner recipe that makes me feel like a chef, it's this easy sheet pan salmon dinner. It's quick, healthy, delicious and most importantly it's easy to make with minimal cleanup.

Growing up salmon wasn't something we had often, but when I started in the restaurant industry, it became a staple. I learned how to cook it just right, how to pair it with seasonal vegetables, and how to make it the star of the plate without much effort. This recipe brings me back to those times in the kitchen, learning to balance flavors and timing while juggling dozens of orders.

Now I'm all about simplicity. This easy salmon dinner with vegetables is proof that you can create a restaurant-quality meal at home with just a handful of ingredients and a baking sheet. Why you will love this easy sheet pan salmon dinner

1. **Healthy:** This recipe is not only delicious it's packed with protein, omega -3 and nutrient rich vegetables.
2. **Quick and easy:** This complete salmon dinner is perfect for busy weeknights, but it 's also impressive enough for Saturday night dinners with friends. And it comes together in about 30 minutes.
3. **Customizable:** Use whatever vegetables you have on hand -This easy sheet pan salmon with vegetables is the kind of meal that feels special enough for a dinner party but is simple enough for busy weeknights.
4. **The combination of flaky salmon, perfectly roasted vegetables and fresh lemon is pure deliciousness.**
Every time I make this dish I'm reminded of how easy

it can be to make something nourishing and delicious. It's a little slice of restaurant- quality food right at home. Whether you're cooking for family, friends, or just yourself , you will love this recipe. Let me know if you try this easy sheet pan salmon dinner recipe-I'd love to hear how you made it your own!!!! If you like salmon try my quick and easy lemon salmon piccata

Ingredients

- 1 Lb. skinless, boneless salmon filet
- 1/2 stick butter
- 2 teaspoon each garlic, onion and paprika divided
- 1 Tbsp. chopped Italian parsley
- 4 cups cleaned and trimmed broccoli florets
- 3 peeled and thinly sliced medium potatoes
- 2 cups cherry tomatoes sliced in half
- 2 Tbsp. olive oil
- 1 lemon sliced
- salt and pepper to taste

Instructions

1. Preheat your oven to 400- degrees
2. Start by preparing the vegetables in a bowl add the prepared broccoli, potatoes and tomatoes. Drizzle with the olive oil , one teaspoon of garlic, onion, and paprika powder salt and pepper to taste.
3. Line a baking sheet with parchment paper lay the vegetables on top and bake in the preheated oven for 15 minutes.
4. In the meantime prepare the salmon, by washing and patting dry then salt and pepper to taste. Make the compound butter. by adding the remaining garlic, onion and paprika, add the chopped Italian parsley. Mix to combine.

5. remove the vegetables from the oven lay the salmon filet on top of the precooked vegetables. Top with the compound butter add lemon slices from one lemon. Return back to the oven and bake 10-12 minutes longer or when the salmon is cooked but still flaky. If the ends of the salmon are thinner fold them under to prevent overcooking. ENJOY