

RECIPE

Salmon Sheet Pan Supper

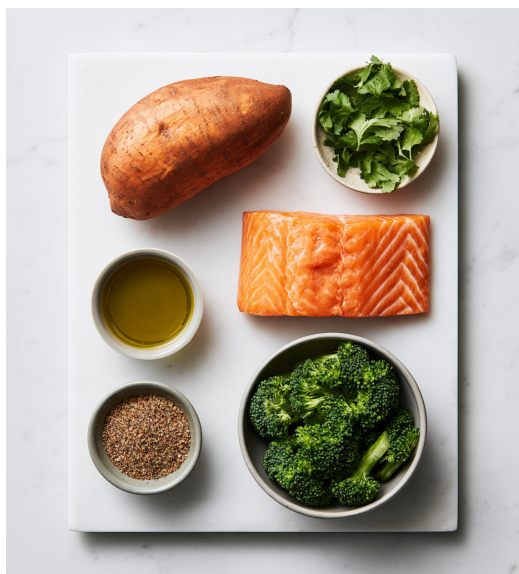
🕒 45 minutes / 1 serving

FOODS RICH IN OMEGA-3S

(like salmon) are said to be a natural aphrodisiac for their role in improving blood flow and enhancing mood. Test that theory out with this simple dinner idea that comes together on a single sheet pan for quick cleanup—leaving you with plenty of time for *other* evening activities.

INGREDIENTS

- 1 tbsp shawarma seasoning
- 2 tsp extra-virgin olive oil
salt and pepper to taste
- 5 oz salmon fillet
- 1 cup broccoli florets
- 1 medium sweet potato,
cut crosswise into 1-inch slices
- 2 tbsp fresh cilantro leaves



INSTRUCTIONS

- 1 **PREHEAT** oven to 425 degrees F.
- 2 **WHISK** shawarma seasoning and oil in a medium bowl; season with salt and pepper. Add salmon, broccoli, and sweet potato; toss to coat.
- 3 **ARRANGE** broccoli and sweet potato on a foil-lined baking sheet; season.
- 4 **ROAST** for 15 minutes.
- 5 **PLACE** salmon carefully on baking sheet; season.
- 6 **ROAST** until sweet potato is tender and salmon is flaky, about 12 minutes more.
- 7 **TOP** with cilantro.

NUTRITIONAL INFO PER SERVING

CALORIES

426

PROTEIN

47 g

FIBER

7 g

CALCIUM

100 mg