

Sheet-Pan Pistachio-Honey Salmon with Vegetables

Prep: 20 minutes Roast: 25 minutes Serves: 4

Our Family® Vegetable Oil No Stick Cooking Spray

2 tablespoons Our Family® 100% Pure Olive Oil

1 tablespoon fresh lemon juice

1 tablespoon Our Family® Pure All Natural Honey

1 garlic clove, minced

¾ cup shelled and crushed Open Acres® Pistachios Roasted with Sea Salt

2 teaspoons fresh lemon zest

½ teaspoon Our Family® Iodized Salt

½ teaspoon Our Family® Black Pepper

1 package (16 ounces) Open Acres® Salmon Fillets, thawed

1 bunch asparagus, trimmed and cut into 2-inch pieces

5 medium Open Acres® Whole Carrots, thinly sliced on bias

1. Preheat oven to 400°. Line 2 rimmed baking pans with parchment paper; spray with cooking spray. In small bowl, whisk 1 tablespoon oil, lemon juice and honey; stir in garlic, pistachios, lemon zest, and ¼ teaspoon each salt and pepper. Place salmon on 1 prepared pan; press pistachio mixture onto salmon and roast 10 minutes.
2. On second prepared pan, toss asparagus, carrots, and remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper; spread on pan. Roast salmon and vegetables 13 minutes or until internal temperature of salmon reaches 145° and vegetables are tender-crisp, stirring vegetables once and covering with foil if pistachios start to burn. Makes about 3 cups.
3. Cut salmon into 4 pieces; serve with vegetable mixture.

Approximate nutritional values per serving (1 piece

salmon; ¾ cup vegetable mixture): 454 Calories, 28g Fat (4g Saturated), 72mg

Cholesterol, 534mg Sodium, 20g Carbohydrates, 6g Fiber, 9g Sugars, 33g Protein

