

# *Sheet Pan Meal with Lemon, Brussels Sprouts, Salmon, Grape Tomatoes, Red Onion*



HEALTHY LIVING  
WITH *Patti Green*

Preheat oven: 375 degrees

## **Ingredients:**

- 2 lemons sliced
- 2 cups Brussels sprouts quartered
- 1 cup grape tomatoes
- 1 red onion sliced
- 2 tablespoons olive oil
- 1 teaspoon adobo
- 1 teaspoon red pepper flakes
- 4 Filets of salmon

## **Instructions:**

1. Place all veggies in large bowl
2. Drizzle olive oil on veggies
3. Using hands or a spoon, make sure all veggies are oiled. If need be add more
4. Pour onto sheet pan
5. Add salmon
6. Season with adobo and red pepper flakes
7. Place lemon slices on top of each filet and distribute evenly on top of veggies
8. Bake at 375 for 15 - 25 minutes



RECIPES

