



Sheet Pan Maple-Mustard Salmon with Glazed Carrots

Prep Time 15 mins
Total Time 30 mins
Meal Type Dinner
Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 2 Tbs oregano, fresh, *chopped* (or 1 teaspoon dried)
- 2 Tbs mustard, Dijon
- 2 Tbs maple syrup
- 2 Tbs olive oil
- 1 1/2 lb salmon, fillets
- 2 lb carrots, *peeled and cut into strips or rounds*
- 1 onion, sweet, *sliced or chopped* small
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Combine oregano, mustard, syrup, and olive oil in a small bowl.
3. Peel and cut carrots and chop the onion.

Make

1. Brush 1/2 mustard-maple syrup mixture evenly over salmon fillets.
2. Toss carrots and onion with remaining dressing in a bowl.
3. Add salmon to the pan and spread vegetables around the salmon in an even layer.
4. Bake at 425°F for 20–30 minutes or until salmon is done and carrots are tender.

Notes

Other protein options: chicken, shrimp, halibut, tempeh

Other vegetable options: parsnips, sweet potatoes, butternut squash, delicata squash

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	383	Total Fat 10.5g	16%	Total Carbohydrates 32g	10%
		Saturated Fat 1.7g	8%	Dietary Fiber 8g	32%
		Trans Fat 0.0g		Total Sugars 18g	
		Cholesterol 97mg	32%	Protein 41g	
		Sodium 329mg	14%		
Vitamin D 0mcg 0% · Calcium 156mg 15% · Iron 3mg 18% · Potassium 1247mg 26%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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