

Sheet Pan Maple-Mustard Salmon with Glazed Carrots

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

LivingPlate

Source

Living Plate Teaching Kitchen 4

lb,c

Servings

Ingredients

dried)

• 2 Tbs mustard, Dijon

• 1 1/2 lb salmon, fillets

• 2 Tbs maple syrup • 2 Tbs olive oil

salt, to taste

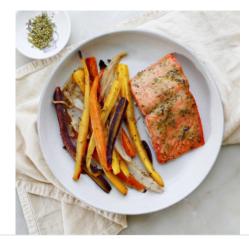
• pepper, to taste

g,ml

• 2 Tbs oregano, fresh, chopped (or 1 teaspoon

• 2 lb carrots, peeled and cut into strips or rounds

• 1 onion, sweet, sliced or chopped small



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

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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	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Facts	Total Fat 10.5g	16%	Total Carbohydrates 32g	10%	* The percent Daily Value
	Saturated Fat 1.7g	8%	Dietary Fiber 8g	32%	(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.
	Trans Fat 0.0g		Total Sugars 18g		
Calories 383 per serving	3 Cholesterol 97mg	32%			
	Sodium 329mg	14%	Protein 41g		

- Show all nutrients -