



# Oven Roasted Salmon with Broccoli Florets

Serves 4. Total prep and cook time: 25 minutes

## Ingredients:

- 1 wild sockeye fillet, about 1½ pounds
- 4 teaspoons olive oil, divided
- Salt and pepper to taste
- ½ teaspoon granulated garlic
- ½ teaspoon granulated onion
- ½ teaspoon paprika
- 12 ounces frozen broccoli florets (about 3 cups)

## Directions:

Preheat oven to 425F. Line a baking sheet with parchment paper. Pat salmon dry with paper towels. Coat both sides of the salmon with 2 teaspoons of olive oil and lightly sprinkle with salt and pepper. Combine the granulated garlic, granulated onion and paprika in a small bowl. Sprinkle half of the spice mixture on the bottom side of the salmon and half on the top. Place salmon in the center of the baking sheet and set aside.

Place frozen broccoli florets in a colander and run under hot water until thawed. Pat dry with paper towels. In a medium mixing bowl, combine the broccoli and remaining olive oil. Add salt and pepper to taste; toss till broccoli is thoroughly coated. Arrange the broccoli on the baking sheet around the salmon fillet.

Bake for 12-15 minutes or until the center of the salmon reads 110-120F on a digital instant-read thermometer. Remove from the oven and cut salmon into 4 portions.

Serve immediately with the broccoli.

Suggested side: brown rice, canned white beans or boiled potatoes.