

ONE-PAN ROASTED SALMON & BRUSSELS SPROUTS



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 pound medium brussels sprouts, halved
- ★ 2 medium shallots, peeled and quartered
- ★ 2 teaspoons avocado oil, divided
- ★ ½ teaspoon kosher salt, divided
- ★ Freshly cracked black pepper, to taste
- ★ Avocado oil spray
- ★ 1 1½-pound skinless center-cut salmon fillet
- ★ 1 medium lemon, halved
- ★ Non-stick avocado oil spray

DIRECTIONS

Preheat the oven to 400 degrees F. In a large bowl, toss the brussels sprouts and shallots with 1 teaspoon avocado oil, ¼ teaspoon salt, and pepper and set aside.

Line a half sheet tray with aluminum foil and lightly coat with avocado oil spray. Place the salmon fillet in the center of the tray and brush with remaining avocado oil. Sprinkle with remaining salt, and season with pepper. Scatter the vegetables evenly around the salmon and add the lemon to the pan, cut sides down. Transfer to the oven and roast until the vegetables are golden and tender and the salmon flakes easily with a fork, 25 to 30 minutes.

Just before serving, squeeze the juice and pulp of the roasted lemon over everything. Divide the salmon and veggies evenly among plates and serve.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Salmon = 309g)

430 Calories Per Serving, **24g** Total Fat,

13g Total Carbohydrates, **42g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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