



Sheet-Pan Honey Mustard Glazed Salmon with Roasted Vegetables

Prep: 15 minutes

Roast: 35 minutes • Serves: 4

Nonstick cooking spray

- 1 pound Brussels sprouts, trimmed and halved
- 2 cups diced acorn and/or butternut squash
- 1½ tablespoons olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons honey
- 2 tablespoons stone ground mustard
- 1 tablespoon less sodium soy sauce
- ¼ teaspoon crushed red pepper
- 4 (5-ounce) salmon fillets

1. Preheat oven to 400°. Spray rimmed baking pan with cooking spray.

2. In large bowl, toss Brussels sprouts, squash, oil, garlic powder, salt and pepper; spread on prepared pan. Roast vegetables 15 minutes, stirring once.

3. In small bowl, whisk honey, mustard, soy sauce and crushed red pepper. Makes about ⅓ cup.

4. Push vegetable mixture to 1 side of pan; place salmon on opposite side. Brush salmon with honey mixture; roast 20 minutes or until internal temperature of salmon reaches 145° and vegetables are tender. Makes about 3 cups vegetables.

Approximate nutritional values per serving (1 salmon fillet, ¾ cup vegetables):

460 Calories, 25g Fat (5g Saturated), 80mg Cholesterol, 560mg Sodium, 28g Carbohydrates, 13g Sugar (8.5g Added Sugars), 6g Fiber, 34g Protein

Chef Tips

To dice acorn squash, use a chef knife to cut the squash in half through the stem. Use a large spoon to scoop out the seeds and pulp; discard. Cut the squash halves into quarters, then use a paring knife to remove the skin. Cut the squash into 1-inch pieces.

To dice butternut squash, trim the ends of the squash, then use a vegetable peeler to remove the skin. Cut the squash crosswise just above the base, and stand the base on a cutting board. Cut the squash lengthwise in half, and use a large spoon to scoop out the seeds and pulp; discard. Place the halves cut side down on the cutting board, and dice along with the top part of the squash