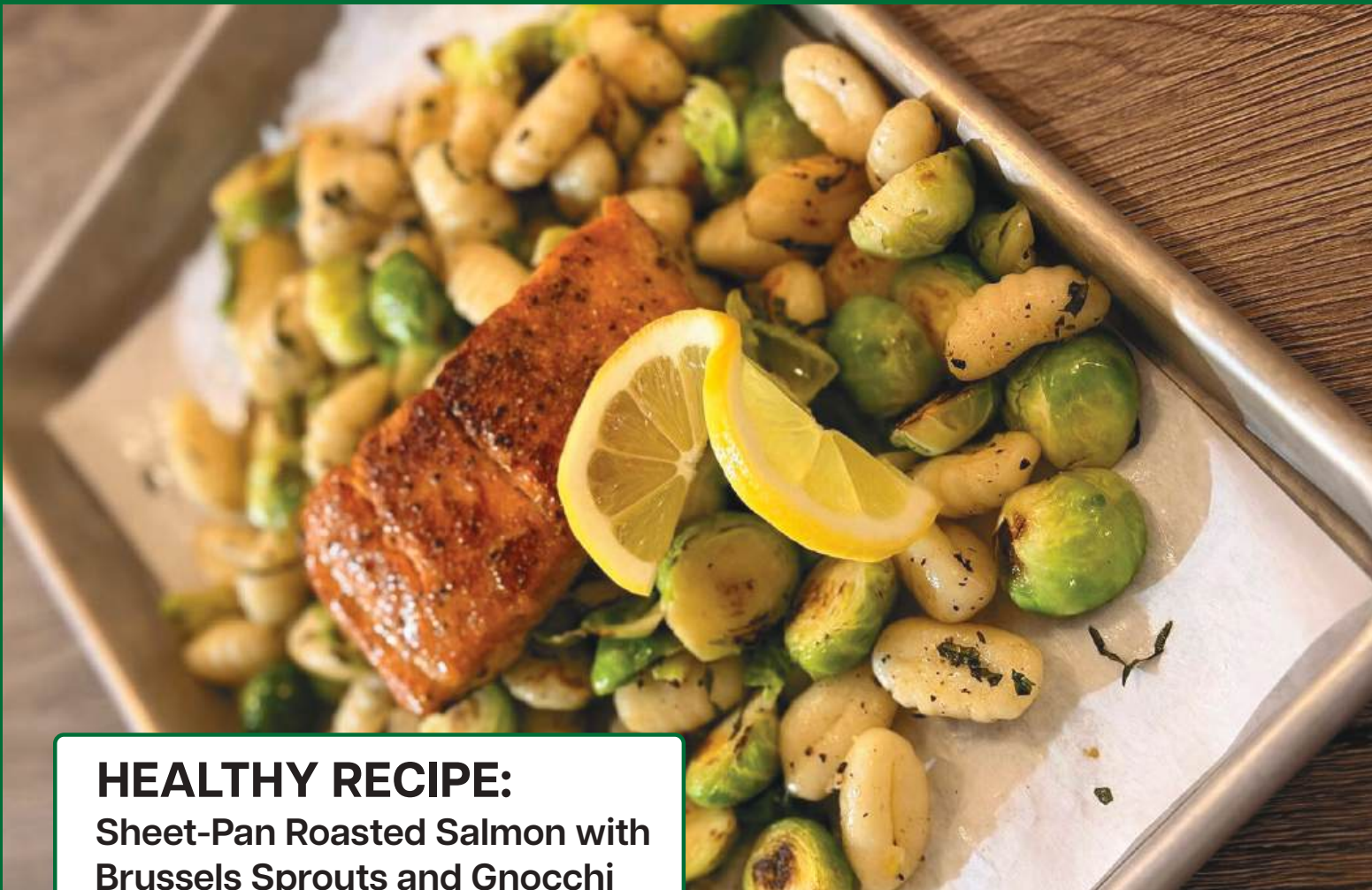




HEALTHY RECIPE:

Sheet-Pan Roasted Salmon with Brussels Sprouts and Gnocchi

Ingredients

2 medium lemons
(we will use juice and zest)

1 pound Brussels sprouts,
trimmed and halved

1 (16 oz.) pkg shelf-stable gnocchi

1/2 cup thickly sliced shallots

4 tablespoons extra-virgin olive oil,
divided

1/2 teaspoon ground pepper,
divided

1/4 teaspoon salt,
divided

2 salmon fillets
(~6 oz. each)

Directions

Preheat oven to 350 degrees F.
Slice and seed 1 lemon. Toss
in a large bowl with Brussels
sprouts, gnocchi, shallots, 2

tablespoons oil, 1/4 teaspoon
pepper and 1/8 teaspoon salt.
Transfer to a large, rimmed
baking sheet.

Roast, stirring once or twice,
until the gnocchi are plump and
getting brown, and the Brussels
sprouts are tender but still
crunchy, 10-15 minutes. Increase
oven heat to 400 degrees.

Season salmon fillets with salt
and pepper, oil and juice from
the remaining lemon, then place
the fillets on the baking sheet.
Return the gnocchi mixture to
the bowl and toss lemon zest,
the remaining 2 tablespoons oil,
1/4 teaspoon pepper and 1/8
teaspoon salt (adding more lemon
juice if you'd like). Return the
mixture to the baking sheet and
cook for another 10-12 minutes.
Remove from the oven and enjoy.



Isabel "Izzy" Cross leads
Huntington's Kitchen as pro-
gram director and head chef.

More to
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Nutrition estimates per serving (based on 4 servings): 585 calories, 21 g fat, 4 g saturated fat, 76 g carbohydrates, 8 g fiber, 19 g protein, 560 mg sodium.