HOME COOKING
with Cathy

by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR

I enjoyed this delicious meal at a friends house a few months ago and I thought it would be a good recipe to share. It was so tasty and very easy. I have changed the recipe from the original one and added a few more vegetables. I hope you enjoy!

Sheet Pan Honey-Soy Salmon Dinner

Ingredients

- Cooking spray
- 1 1/2 tablespoon lower-sodium soy sauce or tamari
- 3 tablespoons olive oil, divided
- 1 tablespoon honey
- 1 tablespoon fresh lime juice (from 1 lime)
- 2 cloves garlic, minced, divided
- 1/2 teaspoon freshly grated ginger
- 4 (5 oz) skin-on salmon fillets
- 2 1/2 cups butternut squash, peeled and cubed
- 12 ounces Brussels sprouts, trimmed and halved
- 3 medium carrots, peeled and cut into 2 inch pieces
- 1 ½ cups green beans
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon smoked paprika
- 1 tablespoon sliced green onion
- 1 teaspoon sesame seeds

Directions

1. In a small bowl, combine soy sauce, 1 tablespoon oil, honey, lime juice, 1 clove garlic (minced), and ginger. Pour marinade over salmon. You can have salmon in the marinade for a few hours or overnight in the refrigerator if you like.

2. In another bowl, combine the remaining 2 tablespoons of oil, remaining clove of garlic, butternut squash, brussels sprouts and carrots, paprika and salt and pepper. Toss to coat. Preheat oven to 400 F. Coat a 13 x 18 inch sheet pan with cooking spray and spread vegetables over pan. Bake for 12 minutes. Stir vegetables and push to edges of pan, creating an open center.

3. Place marinated salmon fillets in the open center space of pan. Pour any leftover marinade over salmon. Bake at 400 for 15 minutes.

4. Lightly steam or boil green beans for a few minutes while salmon is cooking.

5. Remove salmon and vegetables from oven and add cooked green beans to other vegetables. Arrange salmon on a platter and place vegetables around salmon. Top salmon with green onions and sesame seeds. (serves 4)