

Sheet Pan Adobo Salmon, Carrot Fries & Broccoli



Ingredients:

- (2 – 4 oz.) Salmon filets (skin on), pre-sliced into 3-inch wide pieces
- (4 large) carrots
- (2 cups) Broccoli florets
- (1 tbsp.) Olive oil – less is best, or use Olive oil spray for better fat control
- Adobo spice, or your favorite seasoning
- Lemon

Prep Time: 10 minutes

Cook Time: 20-30 minutes

Total Time: 40 minutes

Servings: 2

Directions:

- Preheat oven to 400° F.
- Peel and slice carrots into spears
- Spray broccoli and carrots with olive oil spray
- Season to taste with Adobo seasoning
- Place salmon on sheet pan, lightly spray with olive oil spray and season with Adobo seasoning
- Surround with broccoli and carrot mixture
- Bake for about 20- 25 minutes until veggies are tender and salmon is cooked through

*Keep in mind this is a very clean, low fat recipe and may cook faster. Keep an eye on it!

Can be served with clear broth soup and on a bed of shredded lettuce. Delicious and good for your weight loss!