



## Crispy Sheet Pan Salmon w/Lemony Asparagus & Carrots Intermediate Lifestyle

### **INGREDIENTS**

4 (6-oz.) skin-on salmon fillets*	Cooking spray
¼ cup mayonnaise	½ pound fresh asparagus, trimmed, halved crosswise
2 TBS Dijon mustard	1 (8 oz.) pkg small carrots w/tops, cut lengthwise
1 TBS chopped fresh dill	2 TBS unsalted butter, melted
1 ½ TSP lemon zest (from 1 lemon), divided	Lemon wedges
¾ TSP kosher salt, divided	
¾ TSP black pepper, divided	
¼ cup panko	

\*At the fish store, ask for one 1 1/2 pound salmon fillet and then cut into individual servings.

### **INSTRUCTIONS**

— Preheat oven to 425°F.

— Line a rimmed baking sheet with parchment paper. Place salmon, skin side down, on half of prepared baking sheet. Stir together mayonnaise, mustard, dill, 1 TSP of the lemon zest, 1/4 TSP of the salt, and 1/4 TSP of the pepper in a medium bowl. Spread over salmon fillets in an even layer; top with panko, and press lightly to adhere. Spray with cooking spray.

— Toss together asparagus, carrots, butter, and remaining 1/2 teaspoon each of lemon zest, salt, and pepper in a medium bowl. Place vegetables on empty side of baking sheet. Bake in preheated oven until salmon is cooked through and vegetables are tender, about 18 minutes. Serve with lemon wedges.

**SERVING INFO:** (Yields 4 servings)

1 fillet + about 4 oz. (on a scale) vegetables = 1 P, 1 V

See recipe photo at [Instagram](#) and [Facebook](#).