



Ashley's Meal Prep Monday!



Sheet Pan Salmon, Potatoes and Asparagus

INGREDIENTS

- 4 salmon fillets
- 1 lb asparagus, trimmed
- 2 lbs baby red or gold potatoes, quartered
- 3 TBSP avocado oil
- salt/pepper
- 2 TSP Italian herb blend
- 1 TSP garlic powder
- 2 TBSP butter, melted
- 2 TBSP honey
- 1 TSP dijon mustard
- 1/2 TSP Italian herb
- 1/2 Lemon, thinly sliced



Preheat oven to 400 and line a cookie sheet with foil. Toss potatoes with 2 TBSP s oil, salt/pepper, garlic powder, and 2 TSP Italian herbs. Arrange on the sheet pan and bake for 10 minutes.

Once out of the oven, arrange salmon fillets and asparagus on the sheet pan with the potatoes. Whisk together melted butter, honey, dijon, and 1/2 TSP Italian herbs. Brush onto salmon fillets. *I also did a little drizzle of maple syrup just because.

Drizzle asparagus with 1 TBSP, season with salt/pepper and place lemon slices between the spears. Bake for 20 minutes until the asparagus and potatoes are fork-tender and salmon is cooked through.

Recipe: lecremedelacumbe.com

CARTWRIGHT'S
MARKET