



## Italian Lemon Garlic Salmon & Broccoli

### Ingredients

- 4 salmon fillets
- 1 large head of broccoli, cut into florets
- 3 tbsp olive oil
- 4 garlic cloves, minced
- Zest and juice of 1 lemon
- 1 tsp dried oregano
- Salt and pepper, to taste
- **Optional:** red pepper flakes and grated Parmesan

### Directions

1. Heat oven to 425°F.
2. Toss broccoli with 2 tbsp olive oil, half the garlic, salt, pepper, and oregano. Spread on a sheet pan.
3. Roast for 10 minutes.
4. Brush remaining oil, garlic, lemon zest, and juice over salmon.
5. Push broccoli to the sides of the sheet pan and add salmon.
6. Roast for 10–12 more minutes, until the salmon flakes easily.
7. Finish with extra lemon juice, Parmesan, and red pepper flakes, if using.

Cost:   Ease: 

#### Health Benefit:

This meal can support a heart-conscious eating routine by pairing a satisfying protein with fiber-rich vegetables and a simple cooking method. It is a balanced option for anyone looking to bring more nourishing meals into the week without adding too much prep. Enjoy!