



## Recipes

# Sheet-Pan Salmon with Sweet Potatoes & Broccoli

Total Time: 45 minutes

Yield: 4 servings

### Ingredients

- 3 tbsp low-fat mayonnaise
- 1 tsp chili powder
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 4 tsp olive oil, divided
- 1/2 tsp salt, divided
- 1/4 tsp ground pepper, divided
- 4 cups broccoli florets
- 1 1/4 pounds salmon fillet, cut into 4 portions
- 1 lime, zested and juiced
- 1/4 cup crumbled cotija cheese
- 1/2 cup chopped fresh cilantro

### Directions

- Preheat oven to 425 degrees F. Line a large rimmed baking sheet with foil and coat with cooking spray.
- Combine mayonnaise and chili powder in a small bowl; set aside.
- Toss sweet potatoes with 2 tsp oil, 1/4 tsp salt, and 1/8 tsp pepper in a medium bowl. Spread on the prepared baking sheet and roast for 15 minutes.
- Meanwhile, toss broccoli with the remaining 2 tsp oil, 1/4 tsp salt, and 1/8 tsp pepper in the same bowl. Remove the baking sheet from the oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 tbsp of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.
- Meanwhile, add lime zest and lime juice to the remaining 1 tbsp mayonnaise and mix well.
- Divide the salmon among 4 plates and top with cheese and cilantro. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime mayonnaise sauce. Enjoy!

### Nutrition

Per serving: 504 calories; total fat 26g; saturated fat 6g; cholesterol 83mg; sodium 642mg; total carbohydrate 34g; dietary fiber 7g; total sugars 7g; protein 34g; potassium 1211mg