

BBQ SALMON SHEET PAN DINNER - REVISED

Protein- and fiber-packed, this healthy and streamlined salmon dinner for two can be cooked all on one sheet pan. The veggies get a head start, then BBQ-rubbed salmon fillets join in and everything finishes the race at the same time..



- Yield: 2 servings

Ingredients

- 1 medium green bell pepper
 - 1 cup grape tomatoes, halved
 - 1 cup fresh zucchini, diced
 - 2 Tsp extra-virgin olive oil
 - Kosher salt and freshly ground black pepper
 - 2 Tsp of your favorite BBQ rub (preferably salt-free)
 - 1 1/2 cups fresh or frozen corn kernels, thawed if frozen
(1 ear of fresh corn has approx. 1 cup kernels)
 - 2 Tbs shredded Parmesan cheese
 - 1 Tbs 0-percent plain Greek yogurt
 - 1 Tbs fresh cilantro leaves, chopped, plus whole leaves, for serving
- Two 6-ounce center-cut salmon fillets (preferably wild-caught)
- 2 Tsp dijonnaise (or mix 1 Tsp mayonnaise and 1 Tsp Dijon mustard)
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- Lime wedges, for serving

Directions

Preheat the oven to 400 degrees F. Slice the bottom and stem ends off the pepper and cut the ends into corn kernel-size pieces. Remove the seeds and cut the pepper into 4 rings.

1. Scatter the tomatoes down the center of a baking sheet and arrange the pepper rings next to the tomatoes on whichever side you'd like.
 2. Drizzle 1 teaspoon of the oil over the tomatoes and sprinkle with salt, pepper and about half of the BBQ rub.
 3. Toss together the corn, pepper pieces, cheese, yogurt, cilantro, a large pinch of salt and a few grinds of pepper in a bowl.
 4. Fill the pepper rings with the corn mixture.
 5. Bake the vegetables until slightly browned, about 20 minutes.
 6. While the vegetables are in the oven, brush each salmon fillet with Dijonnaise and sprinkle with the remaining BBQ rub, some salt and a few grinds of pepper.
 7. Once the vegetables are browned, remove the baking sheet from the oven and drizzle the empty side with the remaining 1 teaspoon oil.
 8. Add the fillets, return to the oven and cook until the sides of the salmon feel firm when gently squeezed and the flesh is just slightly flaky, 5 minutes more. Sprinkle with cilantro leaves and serve with lime wedges.
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