



PER SERVING: 350 calories; 22 g protein;  
17 g fat; 26 g carbohydrates;  
3 g fibre; 4 g sugars; 360 mg sodium.

## THURSDAY

### SALMON SHEET PAN DINNER

**PREP 15 min COOK 25 min SERVES 4**

- 1 lb red baby potatoes, halved
- 1 onion, sliced
- 1 zucchini, sliced
- 2 tbsp Longo's 100% Pure Canola Oil, divided
- 2 tbsp chopped fresh dill
- 1 tbsp chopped fresh Longo's Thyme
- 1/2 tsp each salt and pepper
- 1 lb thawed Atlantic salmon fillet

TOSS together potatoes, onion and zucchini with 1 tbsp of the oil.

STIR together dill, thyme, salt and pepper; sprinkle 2 tbsp of the mixture over vegetables and toss to coat.

SPREAD vegetables onto parchment-paper-lined baking sheet and bake in preheated 425°F oven for 15 minutes.

REMOVE pan from oven and add salmon; drizzle with remaining oil and sprinkle with remaining herb mixture.

ROAST for 10 minutes or until vegetables are golden and tender and salmon flakes when tested.

SERVE with a green salad or use up the remaining cabbage and make a coleslaw with Longo's Coleslaw Dressing.