

PARMESAN-CRUSTED **SALMON** SWEET POTATOES & BRUSSEL SPROUTS



Fun Food Tip

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Want a quick and easy dinner another night? Double the panko/parmesan mixture, store extra in freezer and use in the future on chicken, fish, or pork.



INGREDIENTS

- 1-pound salmon fillet
- 3 tbsp melted butter
- 1/2 cup panko
- 1/4 cup grated parmesan cheese
- 4 cloves garlic, minced
- 1 tsp Italian seasonings
- 1/2 tsp salt and pepper
- 2 medium sweet potatoes
- 1-pound Brussel sprouts
- 2 tbsp olive oil

4 servings

NUTRITIONAL INFORMATION

4 Servings, 507 calories, 32 g fat, 24 g carbohydrate, 5 g fiber, 29 g protein, 525 mg sodium, 1075 mg potassium

DIRECTIONS

- 1** Preheat oven to 400°F.
- 2** Line a baking tray/sheet with a foil and place salmon on top, skin side down.
- 3** Cut brussel sprouts in half, place on one half of baking sheet. Peel and cut sweet potatoes into 1/2 inch cubes, place on other half of baking sheet. Drizzle olive oil, salt, and pepper on both brussel sprouts and sweet potatoes. Place in oven for 10 minutes.
- 4** Mix together the panko, parmesan cheese, garlic, Italian seasoning, salt, and pepper. Pour in melted butter and mix until panko absorbs the butter.
- 5** Pour the mixture over the salmon pressing until the tops are completely covered.
- 6** Add salmon to oven. Continue cooking both sheet trays for additional 20 minutes or until salmon reaches 145 degrees.



Recipe of the Month | **FEBRUARY**