

# Sheet Pan Teriyaki Salmon with Roasted Vegetables

Dinner for 4

3 cups	snap peas, asparagus, and/or string beans; cut about 3 inches long
2 cups	carrots; cut in ¼ inch thick slices (baby carrots cut in-half the long way will work too)
1 Tbsp	extra virgin olive oil
2 ½ cups	fresh pineapple chunks; ½ inch chunks
4 each	salmon fillets about 1 inch thick; pat dry
1/3 cup	teriyaki sauce

1. Preheat oven to 425 degrees F. Place oven rack in the center.
2. Line a sheet pan with parchment or foil and spray it with non-stick cooking spray
3. In a large bowl place all the vegetables, drizzle with olive oil and toss to coat vegetables well.
4. Place vegetables in a single layer on the sheet pan.
5. Place pineapple chunks and salmon fillets on sheet pan beside the vegetables.
6. Brush salmon with about ¼ cup of teriyaki sauce
7. Place sheet pan in oven and roast vegetables, pineapple, and salmon about 12 minutes or until salmon reaches an internal temperature of 145 degrees F.
8. Remove pan from oven and drizzle additional teriyaki sauce on the vegetables, pineapple, and salmon.

*Optional finishing touches. Squeeze a bit of lemon juice over salmon. Top with a sprinkling of chopped herbs or toasted, chopped nuts.*