



## One Pan Roasted Wild Salmon with Golden Beets

**Active Time:** 10 minutes | **Total Time:** 1 hour | **Serves:** 4

### Nutrition Information Per Serving

288.8 calories, 8.27 g carbohydrate, 2.33 g fiber, 5.94 g NET carbs, 23.61 g protein, 17.75 g fat

#### Ingredients

- 16 ounce(s) wild salmon
- 4 small(s) golden beets
- 1 tsp sea salt
- 2 tsp(s) dried basil
- 2 Tbsp(s) lemon juice
- 3 Tbsp(s) avocado oil
- 1 clove garlic, pressed

#### Preparation

1. Preheat oven to 400 F. Grease a stainless steel baking sheet.
2. Scrub beets, trim ends and quarter. Place in a bowl.
3. In a small bowl, whisk together the oil, lemon juice, garlic salt and basil.
4. Drizzle half the dressing over the beets and toss to coat.
5. Spread onto sheet pan and transfer to oven. Roast 20 minutes.
6. Meanwhile, place salmon in a glass dish, flesh side down with remaining dressing to marinate in the refrigerator.
7. Rotate the baking sheet and flip the beets. Make room for the salmon.
8. Place salmon on the sheet pan, skin side down, and roast with beets another 15-20 minutes to desired temperature.

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