

One-Pan Lemon Herb Salmon and Veggies: A Healthy Dinner in No Time

For a quick, nutritious, and downright delicious dinner, this



OVEN
400°F

TIME
15 min

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INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- 1 lb baby potatoes, halved
- 1 cup green beans (trimmed)
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 2 tbsp freshly squeezed lemon juice
- 2 tsp lemon zest
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste
- Optional garnish: fresh parsley or dill

Instructions:

Preheat the Oven: Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper or lightly grease it.

Prepare the Marinade: In a small bowl, mix the olive oil, lemon juice, lemon zest, garlic, oregano, thyme, salt, and pepper.

Season the Potatoes: Place the halved baby potatoes on the baking sheet and drizzle with about half of the marinade. Toss to coat evenly and spread them out in a single layer. Roast in the oven for 15 minutes.

Add the Salmon and Veggies: Remove the baking sheet from the oven and push the potatoes to one side. Add the salmon fillets, green beans, and cherry

tomatoes to the baking sheet. Drizzle the remaining marinade over the salmon and veggies.

Bake to Perfection: Return the baking sheet to the oven and bake for an additional 15-18 minutes, or until the salmon is cooked through and flakes easily with a fork. The veggies should be tender and slightly caramelized.

Garnish and Serve: Sprinkle with fresh parsley or dill if desired. Serve hot and enjoy your flavorful, healthy one-pan meal!

Tips for Perfect One-Pan Salmon:

Use Fresh Herbs: While dried herbs work great, adding a sprinkle of fresh parsley, dill, or basil before serving enhances the dish.

Swap the Veggies: Don't have green beans or cherry tomatoes? Asparagus, zucchini, or broccoli are excellent substitutes.

Adjust Cooking Time: If your salmon fillets are very thick, you may need to add a few extra minutes to ensure they cook through.

Why You'll Love This Recipe:

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10. **Why You'll Love This Recipe:** This one-pan wonder is healthy, delicious, and incredibly easy to make. It's perfect for those who want a balanced meal without spending hours in the kitchen. The combination of lemon, herbs, and roasted veggies makes it a satisfying choice for any occasion.
11. **Did you try this :** One-Pan Lemon Herb Salmon and Veggies? Let me know your thoughts in the comments, and don't forget to check out the original recipe on iwuvcooking.com. Follow me for more quick, healthy recipes for your busy lifestyle!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pan-lemon-herb-salmon-and-veggies-a-healthy-dinner-in-no-time/>