

## Mary Ellen's Salmon Recipes & Roasted Veggies

### **Panko Crusted Salmon**

#### Ingredients

1/2 Cup Panko  
2 Tbsp Minced fresh parsley (or dried parsley)  
1 tsp Grated lemon juice  
Kosher salt and fresh ground pepper  
2 Tbsp Olive oil  
4 salmon fillets  
2 Tbsp Dijon mustard  
Lemon wedges for serving

#### Directions

1. Preheat oven to 400 degrees
2. In small bowl, mix panko, parsley, lemon zest, 1/2 t. kosher salt and 1/2 t. pepper  
Drizzle with olive oil and mix until crumbs are coated.
3. Line cookie sheet with foil. Place salmon on pan. Generously spread Dijon mustard on top of each fillet. Press the panko mixture thickly on top of the mustard on each fillet.
4. Bake for 11-14 minutes, 400 degrees.
5. Serve with lemon wedges. Delicious!

### **Simple Salmon**

1. Drizzle salmon with olive oil.
2. Add salt and pepper. Bake in oven, 400 degrees, 11-14 minutes.

### **Roasted Veggies**

#### Ingredients

Broccoli  
Cauliflower  
Asparagus  
Brussels sprouts  
Carrots

#### Directions

1. Preheat oven to 400 degrees
2. Line cookie sheet with foil or parchment paper.
3. Place cut up broccoli, cauliflower, asparagus, brussels sprouts, or carrots, etc.
4. Drizzle veggies with olive oil. Add salt and pepper. Toss
5. Bake 400 degrees until veggies are lightly browned, approximately 15-20 minutes, depending how well done you like them.
6. Enjoy!