

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

MEDITERRANEAN SALMON

MAKES 4 SERVINGS

INGREDIENTS

- 4 salmon fillets (about 6 ounces each)
- 2 tablespoons olive oil, divided
- 1 tablespoon fresh dill, chopped
- 1 lemon
- Salt and pepper to taste
- 1 box cherry tomatoes (10 ounces), halved
- 2 potatoes, cut into cubes
- 1 /2 cup pitted kalamata olives
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon black pepper
- 1/2 cup feta cheese

DIRECTIONS

1. Preheat the oven to 400 degrees
2. Line a sheet pan with foil and lightly coat with cooking spray
3. Rub the salmon fillets with 1 tablespoon olive oil, then top with chopped dill, juice from 1/2 of the lemon, and salt and pepper
4. Spread salmon evenly across 1/2 of the sheet pan
5. In a large bowl, combine tomatoes, potatoes, olives, Italian seasoning, pepper, and remaining 1 tablespoon olive oil
6. Stir well to combine
7. Spread the vegetables evenly across the remaining half of the sheet pan
8. Roast for 20-25 minutes, stirring the vegetables halfway
9. Serve salmon and vegetables topped with feta cheese and remaining half of the lemon cut into wedges

NUTRITION BREAKDOWN

CALORIES

350

CARBS

22G

PROTEIN

37G

FAT

12G

FIBER

4 GRAMS

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>