

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



One Pan Salmon, Green Beans & Smashed Potatoes

2 servings

30 minutes

Ingredients

2 cups Mini Potatoes
 1 tsp Tamari
 2 tsps Maple Syrup
 1 tbsp Rice Vinegar
 12 ozs Salmon Fillet
 2 cups Green Beans (trimmed)
 2 tsps Extra Virgin Olive Oil
 1/2 tsp Sea Salt
 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	535
Fat	25g
Saturated	4g
Carbs	38g
Fiber	6g
Sugar	9g
Protein	39g
Cholesterol	94mg
Sodium	849mg
Vitamin A	761IU
Vitamin C	42mg
Calcium	98mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	2.0mg
Folate	100µg
Vitamin B12	5.4µg
Magnesium	117mg
Zinc	2mg

Directions

- 1 Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
- 4 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
- 5 Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add miso paste or sriracha to the marinade.

Additional Toppings: Chopped cilantro or lime juice.

More Crispy: Remove the salmon and green beans from the oven once cooked through and broil the potatoes for an additional three to five minutes.