



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SHEET PAN SALMON & ASPARAGUS WITH POTATOES

4 salmon fillets	1 teaspoon garlic powder
1 pound asparagus – ends trimmed	2 tablespoons butter, melted
2 pounds baby red or gold potatoes – quartered	2 tablespoons honey
3 tablespoons olive oil	1 teaspoon Dijon mustard
Salt and pepper to taste	½ teaspoon Italian herb seasoning
2 teaspoons Italian herb seasoning	½ lemon, thinly sliced

1. Preheat oven to 400 degrees F. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb seasoning. Arrange on large sheet pan and bake in preheated oven for 10 minutes.
2. Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, Dijon mustard, and ½ teaspoon remaining Italian herb seasoning. Brush onto salmon fillets.
3. Drizzle asparagus with remaining 1 tablespoon olive oil, season with salt and pepper to taste and place lemon slice between the asparagus spears.
4. Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

Makes 4 servings.