

SHEET PAN SALMON AND VEGETABLE MEDLEY

2 medium Yukon Gold potatoes, cut into wedges
3 large brussels sprouts, cut in half
3 large radishes, thinly sliced
1 cup fresh sugar snap peas, cut into ½ inch pieces
1 small carrot, thinly sliced
2 tbsp. butter, melted

½ tsp. garlic salt

½ tsp. pepper

2 salmon filets (4-6 oz. each)

2 tsp. minced fresh tarragon or ½ tsp. dried tarragon

Salt

1 tbsp. butter, softened

Lemon wedges and tartar sauce (recipe below), for serving

1. Preheat oven to 450F. Line a 15x10x1 inch baking pan with foil; grease foil.
2. In a large bowl, combine the first 5 ingredients. Add melted butter, garlic salt and pepper; toss to coat. Place vegetables in a single layer in prepared pan; bake until potatoes are tender, about 20 minutes.
3. Remove from oven; preheat broiler. Arrange vegetables on 1 side of the sheet pan. Add fish to the other side. Sprinkle fillets with tarragon and salt; dot with softened butter. Broil 4-5 inches from heat until fish flakes easily with a fork about 5 minutes, if desired, serve with lemon wedges and tartar sauce.

Serves 2

Tartar Sauce

1 cup mayonnaise

2 ½ Tbsp. finely chopped cornichons

1 tbsp. minced drained capers

2 tsp. minced green onions

1 tsp. freshly minced parsley leaves

1 tsp. chopped chives

1 tsp. minced fresh tarragon

1 tsp. Dijon mustard
1 tsp. lemon juice
Salt and freshly ground white pepper
¼ tsp. cayenne pepper

In a mixing bowl combine all the ingredients and stir to blend. Refrigerate, covered, until ready to use.

Yield: about 1 ½ cups

RECIPE COURTESY OF:

Mary Spencer

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