



## Roasted Asian-Glazed Salmon & Veggies

**Prep: 15 minutes**

**Roast: 25 minutes • Serves: 4**

- 1 (8-ounce) head broccoli, cut into 2-inch pieces
- 6 ounces shiitake mushrooms, stems removed
- 2 medium carrots, cut into 1-inch pieces
- 1 small red onion, cut into ½-inch wedges
- 2 cups sugar snap peas
- 1 tablespoon olive oil
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 1 garlic clove, minced
- 2 tablespoons hoisin sauce
- 2 teaspoons chili garlic sauce
- 1¼ pounds fresh salmon fillet

**1.** Preheat oven to 425°F. Line rimmed baking pan with parchment paper.

**2.** In large bowl, toss broccoli, mushrooms, carrots, onion, snap peas, oil, ½ teaspoon salt and ¼ teaspoon pepper; spread in single layer on prepared pan. Roast vegetables 15 minutes.

**3.** In small bowl, stir garlic, hoisin, chili garlic sauce, and remaining ¼ teaspoon salt and ¼ teaspoon pepper. Move vegetables to 1 side of pan; place salmon, skin side down, on opposite side of pan. Evenly spread hoisin mixture over salmon.

**4.** Roast salmon and vegetables 10 minutes longer or until internal temperature of salmon reaches 145°F and vegetables are crisp-tender.

*Approximate nutritional values per serving:*

*353 Calories, 14g Fat (2g Saturated), 90mg Cholesterol,  
722mg Sodium, 20g Carbohydrates, 5g Fiber, 36g Protein*