

BBQ Salmon Bites

WITH BROCCOLI AND POTATO WEDGES

Ingredients

- BBQ Chicken Bites with broccoli and potato wedges
- 2 lbs salmon filets
- 4 russet potatoes
- Salt
- Pepper
- Paprika
- Garlic powder
- 1-2 10 oz bags of frozen broccoli (depends how much broccoli you eat!)
- ¼ cup to ½ cup cheddar cheese
- ½ cup to ¾ cup BBQ sauce of choice
- BBQ Seasoning of choice (I use Head Country)

Directions

1. Preheat oven to 450 degrees. Wash Potatoes and pierce with a fork. Microwave on high for 5 minutes
2. While potatoes are cooking, add frozen broccoli to the air fryer, drizzle with olive oil and season with ½ tsp salt, ½ pepper and ½ tsp garlic powder. start cooking on 400 degrees for 15 minutes.
3. Remove potatoes from the microwave, and cut into wedges. Lay on a baking sheet lined with parchment paper. Spray thoroughly with olive oil spray. Season with salt, pepper, garlic powder and paprika (I just eyeball this!)
4. Place potatoes in the oven for as much time as you have- at least 12 minutes.
5. While potatoes are cooking, remove skin from salmon and cut into chunks. Season with 1 tsp BBQ seasoning. Heat 2 TBS olive oil of medium high heat.
6. Place salmon cubes in the skillet and cook for 2-3 minutes on each side. Add BBQ sauce to the skillet and gently combine with the bites. Continue to cook for a couple of minutes.
7. At the 15 minute mark for your broccoli, add cheddar cheese on top, and cook for 3 more minutes.
8. Everything should be ready, enjoy!

MADE WITH LOVE

by Teresa Forchard