

Honey BBQ Salmon

WITH SWEET POTATOES & BROCCOLI

Ingredients

- 1-1.5 lb. salmon cut into individual servings
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 cup BBQ sauce (more if needed/Primal is a great low sugar option)
- 1 tablespoon extra-virgin olive oil or other oil of your choice
- Honey
- 2 large sweet potatoes, cubed
- 1 lb broccoli florets
- Paprika
- Salt
- Pepper
- Garlic powder
- Juice from half a lemon

Directions

1. Preheat oven to 425 degrees and line the baking sheet with parchment paper.
2. Wash sweet potatoes and pierce with a fork. Microwave for 4 minutes to help soften.
3. While potatoes are in the microwave, tear off a sheet of foil (large enough for your salmon filets) and drizzle with 1 TBS olive oil. Place the salmon skin side up on the foil, and season the skin side with 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Flip over and season the top with the remaining 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper.
4. Next, cut your sweet potato into small cubes. The smaller the pieces, the quicker they will cook. You do not need to peel your potatoes! The peel is full of great nutrients. Place sweet potatoes on 1/3 of the baking sheet and drizzle with 1 TBS olive oil, 1/2 tsp salt, 1/2 tsp pepper, 1 tsp paprika, 1 tsp garlic powder- I think it works better to mix all of your spices together in a small bowl and mix well, and then sprinkle on potatoes. Toss to coat well and place on the middle rack of the oven for 20 minutes.
5. Remove from the oven, and turn the oven to broil. Place foil with salmon onto the middle 1/3 of your baking sheet (careful, the baking sheet will be hot!) Brush the top of the salmon with about a third, or 2 tablespoons, of the bbq sauce (you can eyeball this!) and drizzle each with honey. Place broccoli in the final 1/3 of your baking sheet. Spray with olive oil spray and season with 1/2 tsp salt, and 1/2 tsp pepper and the juice from half a lemon. Toss to coat
6. Place the baking sheet on the top rack of the oven. Broil on high on the top oven rack for about 5 minutes, and then brush the top of each salmon filet with more bbq sauce and give broccoli a gentle toss. Broil for 5-7 more minutes. Internal temperature of your salmon should be 145 degrees.
7. Remove from the oven, and enjoy!

MADE WITH LOVE

by Teresa Forchand