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## One-Sheet Asian Salmon, Snap Peas, and Potatoes

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**Prep Time:** 40 min prep time

**Number of Servings:** serves 6

**Recipe Source:** ***Eat at Home Tonight*** by [Tiffany King](#)

<https://www.indiebound.org/book/9780735291232> (\$22, WaterBrook, 2018) Photo © Andrea

Grablewski

# Ingredients

- 1 to 3 Tbsp olive oil, divided
- 3 large potatoes, peeled and chopped into 1-inch pieces
- Kosher salt and black pepper
- ¼ cup low-sodium soy sauce
- 1 garlic clove, crushed
- ½ tsp sesame oil
- 12 oz fresh or frozen sugar snap peas
- 6 salmon fillets

# Directions

1. Preheat oven to 400°. Grease a large baking sheet with several teaspoons of the olive oil.
2. In a large bowl, drizzle 1 tablespoon or more of the olive oil over the potatoes. Season with salt and pepper and toss to coat potatoes with oil. Spread potatoes over one end of prepared baking sheet and roast for 10 minutes.
3. Meanwhile, in a small bowl, stir together soy sauce, garlic, and sesame oil and season with pepper.
4. In the same bowl you used for the potatoes, drizzle snap peas with remaining olive oil and season with salt and ¼ teaspoon pepper.
5. Pull baking sheet from oven and place salmon fillets on pan. Pour soy sauce mixture over salmon. Add snap peas to pan as well. Bake for 15 to 20 minutes, until salmon flakes easily with a fork and potatoes are tender.

# Notes

You've got options with this meal! Sheet pan dinners make it so simple to substitute ingredients. Just about anything works on a sheet pan, so let your imagination and the contents of your refrigerator be your guide. White potatoes are used here; sweet potatoes also pair really well with salmon. Small vegetables like green beans and snap peas can be added to the pan while still frozen. They thaw and roast quickly, making them convenient for easy dinners. Snap peas add a touch of green to the dish, but feel free to use green beans or Brussels sprouts or broccoli. It's your dinner—make it your own!

## Nutrition Info:

960 Calories, 86 g Protein, 24 g Carbohydrates, 4 g Fiber, 56 g Total fat (12 g sat), 722 mg Sodium, ★★★★★ Vitamin B1 (thiamine), B3 (niacin), B6, B12, C, E, Phosphorus, Potassium, ★★★★★ Vitamin B2 (riboflavin), ★★★ Magnesium, ★★ Vitamin K, Iron, ★ Zinc

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