



Sheet Pan Salmon with Sweet Potatoes, Summer Squash & Dill-infused Tahini Dressing

This nourishing sheet pan recipe has the ingredients to leave you feeling satisfied.

Cooking level: **Intermediate**

Contains: fish, sesame

Servings:
4

Prep time:
20 minutes

Cook time:
30 minutes

Total time:
50 minutes



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What you'll need

- Baking sheet
- Aluminum foil
- Medium-sized bowl

Ingredients

- 2 tbsp. olive oil, divided
- 4 tbsp. tahini
- ¼ cup water
- Juice from ½ lemon
- 1 tsp. garlic powder or
1 small garlic clove, minced
- 1 tsp. dill
- 1 tsp. parsley
- ½ tsp. sea salt, plus a pinch
for seasoning
- 1 lb. wild-caught salmon
- 1 lb. sweet potatoes
- 1 lb. summer squash, sliced

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Cooking steps

- 1 Preheat oven to 400°F. Line a large, rimmed baking sheet with foil and coat with cooking spray.
- 2 Prepare the tahini dressing by mixing **4 tbsp. tahini**, **¼ cup water**, **lemon juice**, **garlic**, **1 tsp. dill**, **1 tsp. parsley**, and **½ tsp. sea salt** in a medium-sized bowl.
- 3 Slice **1 lb. sweet potatoes** into cubes or rounds, then coat with **1 tbsp. olive oil** and a **pinch of salt** and place onto lined baking sheet. Roast sweet potatoes for 15 minutes or until golden brown.
- 4 Meanwhile, toss **1 lb. sliced summer squash** with the remaining **1 tbsp. olive oil** in the same medium-sized bowl.
- 5 Remove the tray of sweet potatoes from the oven after 15 minutes and push sweet potatoes to one side of the baking sheet.
- 6 Arrange **1 lb. wild-caught salmon** in the center of the sheet and spread slices of summer squash on either side, among the sweet potatoes.
- 7 Drizzle the tahini dressing evenly across salmon fillets, summer squash, and sweet potatoes.
- 8 Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes. Remove from the oven and serve.



Nutritional info

Sheet Pan Salmon with Sweet Potatoes, Summer Squash & Dill-infused Tahini Dressing (1 serving)

Calories	446
Total fat	21 g
Saturated fat	4 g
Cholesterol	56 mg
Sodium	469 mg
Carbohydrate	31 g
Fiber	6 g
Sugar	7 g
Protein	36 g