

# Cumin Crusted Salmon with Spice Roasted Vegetables

## Ingredients

### Salmon

- 1 Tablespoon olive oil
- 1 Tablespoon orange juice
- ½ Tablespoon dried ginger
- ½ Tablespoon ground cumin
- ½ Tablespoon coriander
- ½ teaspoon paprika
- 1 pinch cayenne pepper (optional)
- 4 (6 oz) wild caught salmon filets

### Vegetables

- ½ red onion, sliced
- ½ red bell pepper, sliced
- 1 sweet potato, peeled and cubed
- 1 small butternut squash, cubed
- ½ teaspoon cumin
- ¼ teaspoon coriander
- ¼ teaspoon cinnamon
- 1 Tablespoon olive oil

## Directions For Salmon

1. Mix first eight ingredients in a small bowl to form a paste.
2. Place salmon in a plastic resealable bag and massage marinade over salmon. Refrigerate for at least 30 minutes to marinate.
3. Bake salmon at 450F for 12 to 15 minutes.

Calories: 340

Protein: 39 g

Carb: 1 g

Fat: 19 g

Sodium: 112 mg

Fiber: 1 g

## Directions for Vegetables

1. Preheat oven to 375F.
2. Toss vegetables with spices and olive oil. Put on sheet pan in single layer and roast until tender and slightly browned, about 40-45 minutes.

Calories: 53

Protein: 1 g

Carb: 9 g

Fat: 2 g

Sodium: 49 mg

Fiber: 2 g

Yields – 4 servings