

One Pan Everything Salmon & Brussels Sprouts

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
3. Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
4. Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

No Brussels Sprouts

Use broccoli or cauliflower instead.

No Salmon

Use another fish, like trout, instead.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

- 3 cups** Brussels Sprouts
- 1 tbsp** Extra Virgin Olive Oil
- 2 tbsps** Everything Bagel Seasoning (divided)
- 12 ozs** Salmon Fillet
- 2 tsps** Dijon Mustard