



Roasted Salmon & Vegetables

INGREDIENTS

Salmon filet (for each person calculate ½ to ¾ lb./person)

Vegetables of your choice:

Broccoli, onions, fennel, carrots, potatoes, etc.

Magic 3 (olive oil, salt & pepper)

(If you are roasting several vegetables, use separate pans for each. Since each may need more or less cooking time, this makes it easy to pull them as they are done.)

INSTRUCTIONS

1. In a roasting pan, place the vegetables then drizzle with the Magic 3 (olive oil, salt & pepper). Roast at 400 degrees, turning once until they are caramelized. About 30-40 minutes.
2. In a separate roasting pan, place the salmon skin side down. Drizzle with olive oil, salt and pepper and add the chopped basil on top. Bake for 10-15 minutes at 400 degrees. (I do not like dry salmon and prefer to serve medium rare, so roasting time will depend on the size of your fish and the doneness you prefer.)
3. Plate separately or on a single large platter. These may be served immediately or at room temp.