

salmon and green bean sheet pan dinner

SERVES 4

COOK TIME: 15 minutes

4-5 (6oz) salmon filets
12-16oz green beans, cleaned and trimmed
(keep at least 3 inches long so baby can grab)
2 Tbsp lemon juice
2 cloves garlic, minced
2 Tbsp cold butter, cubed and divided

This is a great family dish that baby can easily share. If baby is brand new to eating, you may want to steam or parboil the green beans a little so they are extra tender after being roasted. Baby can share flakes of salmon and tender green beans. Serve with roasted potatoes or potato fingers for everyone to enjoy. The rest of the family can add salt, as desired, to their portions.



PREHEAT oven to 400°F and position rack in the center of the oven.

LINE a baking sheet with foil and spray or run with olive oil.

PLACE salmon on baking sheet and position green beans all around salmon filets.

COMBINE lemon juice and garlic in a saucepan over medium heat. Allow lemon juice to reduce to 1 Tablespoon.

ADD 1 Tablespoon of butter, remove pan from heat and swirl so the butter starts to melt.

PLACE saucepan back on heat for a few seconds, remove and continue to swirl until butter completely melts.

REPEAT with second tablespoon of butter. When completely melted, remove from stove.

POUR sauce over each salmon filet and green beans, tossing green beans gently to coat.

BAKE until salmon is done and green beans are tender, about 12 minutes.

MAKE IT A MEAL: Serve with roasted potatoes or potato fingers.