

dijon salmon with green beans

Serves 1

RECIPE FROM: [Hamilton Beach](#)

PREP TIME: 10 minutes

COOK TIME: 15 minutes

4oz salmon fillet
1 Tbsp olive oil
½ Tbsp soy sauce
½ Tbsp Dijon mustard
1 clove garlic, minced
6oz green beans, fresh or frozen*
½ small red bell pepper, thinly sliced
½ small yellow bell pepper, thinly sliced
Black pepper, to taste

*If using fresh green beans, trim the ends.
If using frozen green beans, thaw before cooking.

PREHEAT toaster oven to 400°F.

LINE toaster oven tray with aluminum foil or spray with nonstick cooking spray.

PLACE salmon skin-side down in center of tray.

COMBINE olive oil, soy sauce, mustard and garlic. Set aside.

COMBINE green beans and bell peppers in a large bowl.

ADD 2 Tbsp of the Dijon soy marinade and toss until vegetables are evenly coated.

ARRANGE vegetables evenly on tray around salmon.

DRIZZLE salmon with remaining marinade.

BAKE until salmon is done and vegetables are tender-crisp, about 15 minutes.

MAKE IT A MEAL: serve with nutrient dense carbohydrate of choice

