

PROTEIN PALS RECIPE

BAKED SALMON WITH ROASTED VEGETABLES

INGREDIENTS

SALMON FILLETS

OLIVE OIL

LEMON JUICE

GARLIC POWDER

DRIED BASIL

SALT

PEPPER

MIXED VEGETABLES (SUCH AS BROCCOLI, CARROTS, AND BELL PEPPERS)

QUANTITY

4

2 TBSP

2 TBSP

1 TSP

1 TSP

TO TASTE

TO TASTE

4 CUPS



PREPARATION

1. PREHEAT THE OVEN TO 400°F (200°C). LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. PLACE THE SALMON FILLETS ON THE PREPARED BAKING SHEET.
3. WHISK TOGETHER THE OLIVE OIL, LEMON JUICE, GARLIC POWDER, BASIL, SALT, AND PEPPER IN A SMALL BOWL. BRUSH THE MIXTURE OVER THE SALMON FILLETS.
4. PLACE THE MIXED VEGETABLES IN A SEPARATE MIXING BOWL. TOSS THE VEGETABLES WITH THE REMAINING OLIVE OIL MIXTURE.
5. ARRANGE THE VEGETABLES ON THE BAKING SHEET AROUND THE SALMON.
6. BAKE FOR ABOUT 20-25 MINUTES, UNTIL THE SALMON IS COOKED AND THE VEGETABLES ARE TENDER.
7. SERVE THE BAKED SALMON WITH THE ROASTED VEGETABLES ON THE SIDE. ENJOY!

THIS MEAL CONTAINS ABOUT 44 GRAMS OF PROTEIN PER SERVING AND ABOUT 400 CALORIES PER SERVING. THE SALMON IS A GOOD SOURCE OF PROTEIN, PROVIDING ABOUT 23 GRAMS PER SERVING. THE MIXED VEGETABLES IN THIS RECIPE ARE LOW IN CALORIES AND PROTEIN.

ELDERLY INDIVIDUALS NEED TO GET ENOUGH PROTEIN IN THEIR DIETS, AS PROTEIN IS ESSENTIAL FOR MAINTAINING MUSCLE MASS AND STRENGTH. IT CAN ALSO HELP WITH WOUND HEALING AND IMMUNE FUNCTION.

THE CALORIE CONTENT OF THIS MEAL IS MODERATE, MAKING IT SUITABLE FOR INDIVIDUALS TRYING TO MANAGE THEIR WEIGHT.

