



Salmon, Broccoli & Chickpeas

Ingredients:

2-3 salmon filets

1 can (15.5oz) of chickpeas

1 large head of broccoli

Cooking oil (macadamia or olive)

Dijon mustard

Champagne vinegar

Scallions

To make:

1. Set oven to 425°F.

2. Drain canned chickpeas and arrange them on a sheet pan. Drizzle with oil and put it in the oven while it preheats.

3. Chop broccoli and add it to the sheet pan with some more oil and salt + pepper.

4. Once the oven is preheated, pat the salmon filets dry and add them to the sheet pan. Drizzle with oil and salt + pepper. Bake for 12 minutes.

5. While the salmon, chickpeas, and broccoli are in the oven, mix together a dollop of dijon mustard and a 50/50 mixture of champagne vinegar and olive oil. Add salt + pepper to taste.

6. Chop 3 scallions.

7. Plate with the broccoli and chickpeas arranged around the salmon. Drizzle dressing on predominantly the veggies and top the dish with chopped scallions.