

Maple-Glazed Salmon with Roasted Brussels Sprouts

Hands on time: 10 Minutes | Total Time: 25 Minutes

Serves \$

Ingredients

1 pound Brussels sprouts, trimmed and halved
1 large red onion, cut into 1-inch wedges, stem ends left intact
2 tablespoons olive oil
Kosher salt and black pepper
2 tablespoons pure maple syrup
2 tablespoons whole-grain mustard
1 1/2 pounds skinless salmon fillet, cut into 4 pieces
Lemon wedges, for serving

Instructions

1. Heat oven to 450°F, with the racks in the upper and lower thirds. On a rimmed baking sheet, toss the Brussels sprouts and onion with the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast on the bottom rack, tossing once, until golden and tender, 15 to 20 minutes.
2. Meanwhile, in a small bowl, mix together the maple syrup, mustard, and 1/4 teaspoon each salt and pepper. After the vegetables have cooked for 12 minutes, place the salmon on a second rimmed baking sheet and brush it with the maple mixture. Roast on the top rack until opaque throughout, 6 to 8 minutes.
3. Serve the salmon with the vegetables and lemon wedges.