

## Salmon en Papillote (Baked in Paper) with Roasted Vegetables and Potatoes

Makes 4 servings

### Ingredients

- 1 pound small Yukon gold potatoes, halved
- 3 teaspoons extra-virgin olive oil, divided
- ¼ teaspoon sea salt, divided
- ¼ teaspoon ground white pepper, divided
- 8 ounces (about 10) Brussels sprouts, trimmed and quartered
- 2 medium carrots, peeled and thinly sliced
- 1 large leek, washed, thinly sliced
- 1 pound salmon fillet, skin removed, cut into 4 pieces
- Zest and juice of 1 medium lemon
- 2 tablespoons fresh chives, chopped, divided
- 1 tablespoon fresh dill weed, chopped
- 1 tablespoon fresh parsley, chopped
- Special equipment: parchment paper

### Preparation

Preheat oven to 400 degrees F. Place a rimmed baking sheet in the oven to preheat.

Bring a small saucepan of water to a boil. Add potatoes, and simmer approximately 8 minutes, until a knife can be easily inserted into a potato. Drain well and transfer to a small bowl along with 1 teaspoon olive oil, ¼ teaspoon salt, and ¼ teaspoon pepper. Set aside.

In a large bowl, toss the Brussels sprouts, carrots, and leek with 1 teaspoon olive oil, ¼ teaspoon salt, and ¼ teaspoon pepper.

Remove the baking sheet from the oven (work carefully as it will be hot). Add the potatoes to half of the baking sheet, and the vegetable mixture to the other half. Roast for 15 minutes, stirring occasionally.

Meanwhile, cut an 8-inch by 8-inch square of parchment paper. Fold in half. On the unfolded side, trim 2 inches from one corner and 4 inches from the other, giving the paper a “heart” shape when opened.

In a small bowl, combine the remaining 1 teaspoon olive oil, ¼ teaspoon salt, ¼ teaspoon pepper, lemon zest, lemon juice, 1 tablespoon chives, dill, and parsley. Rub each piece of salmon with the oil-herb mixture. Open the parchment paper, and place each piece of salmon onto half of the paper. Fold the paper over to enclose the salmon and crimp the edges closed by making a series of small folds.

## Nutrition Facts

4 servings per container  
Serving size 4 oz salmon with vegetables

Amount per serving

**Calories** **300**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 55mg **18%**

**Sodium** 540mg **23%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 6g **21%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 27g

Vitamin D 11mcg **60%**

Calcium 108mg **8%**

Iron 3mg **15%**

Potassium 1261mg **25%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Reduce oven heat to 375 degrees F. Place the salmon packet onto a baking sheet and bake for 8 minutes.

While the salmon is baking, transfer the roasted potatoes to a small bowl and lightly mash with a potato masher. Add the remaining 1 tablespoon chives.

Transfer the potatoes, vegetables, and salmon packet to a serving platter. Snip parchment paper open with scissors at time of serving, being careful to avoid hot steam as the packet is opened.