Basic Recipe #5: Pesto Salmon and Veggies Creating Safe Recipes Activity

**Ingredients (makes 4 servings)**

* 1 pound salmon, skin and bones removed
* 1 pound zucchini or summer squash
* ½ pound cherry tomatoes
* 1 cup spinach leaves
* 1 cup fresh basil leaves
* ½ cup pine nuts
* ⅔ cup grated parmesan cheese
* 3 tbsp olive oil
* 2 cloves minced garlic

**Instructions**

1. Cut the zucchini and cherry tomatoes.
2. Preheat oven to 400°F.
3. On a sheet pan, arrange the salmon in the middle with the cut veggies and cherry tomatoes in a circle around it. Set aside.
4. In a food processor combine the spinach, basil, Parmesan, pine nuts, olive oil and garlic. Blend until smooth. Spread the pesto on top of the salmon and spoon the remainder on top of the veggies.
5. Bake until the salmon is done and the zucchini/squash can easily be pierced with a fork, about 18 to 20 minutes. Serve warm and enjoy.

\*Recipe adapted from 100 Days of Real Food, “Pesto Salmon Sheet Pan Dinner”