

Dinner

SALMON, RICE AND BRUSSELS SPROUTS AND LEMON BUTTER GREEN BEANS

\$8.36/SERVING EST



Ingredients and groceries scaled from original 2 servings

Salmon & Brussels

1 ½ lbs. salmon

2 lbs. brussels sprouts quartered

2 tablespoons maple syrup

6 tablespoons Dijon mustard

2 teaspoons dried thyme

4 cloves garlic minced

SERVE WITH

1 cup brown rice

Prep: 10 mins

Cook: 30 mins

1. Place brown rice and double amount of water in a small pot and bring to a boil. Reduce heat to low and cover. Cook for 30

minutes or until water is absorbed. Remove from heat and keep covered for another 10 minutes. Fluff rice with a fork and set aside.

2. Meanwhile, preheat oven to 425°. Line a baking sheet with parchment paper.
3. Mix maple syrup, Dijon, thyme, and garlic together to prepare glaze. In a small bowl, pour half of the glaze on the quartered brussels sprouts and toss until coated.
4. Transfer brussels to baking sheet. Add salmon fillets in the middle of the pan. Use a small brush to coat with rest of glaze. You may have some left over.
5. Bake for 20 minutes or until salmon is prepared to desired doneness. Serve over brown rice.

LEMON BUTTER GREEN BEANS

\$1.00/SERVING EST

Ingredients and groceries scaled from original 2 servings

1 lb. green beans trimmed

2 tablespoons butter

2 tablespoons lemon zest

2 dashes salt

2 dashes pepper

4 slices lemon

Prep: 5 mins

Cook: 15 mins

1. Bring a large pot of water to a boil over high heat. Add green beans and cook until beans are bright green and tender, about 3-5 minutes.
2. Drain and place in a large bowl of ice water to stop cooking. Set aside.
3. Heat butter in a large pan over medium-high heat until melted. Stir in the beans and cook until wilted, about 4 minutes.
4. Toss beans with lemon zest and cook 1-2 minutes more. Season to taste with salt and pepper.
5. Garnish with lemon slices if desired.