

**Baked Salmon and Sweet Potatoes**

Serving: 1

- 1 sweet potato
- 6-ounce salmon filet
- Olive oil
- 1/4 cup lemon juice
- 1/8 teaspoon salt
- Crushed red pepper to taste
- 1/2 teaspoon onion and/or garlic powder

Preheat oven to 400 degrees

1. Wash the sweet potato and place on over rack. Bake for approximately 1 hour or until easily pierced with a fork. Keep oven set at 400 degrees
2. Lightly brush the salmon with olive oil then sprinkle with the lemon juice and seasonings
3. Bake for approximately 15 minutes, then transfer to broiler for a few minutes just to brown the top
4. Serve with sweet potato and a side vegetable or fresh salad

(Garden vegetables that are colorful contain phytonutrients that perform well in your body to fight against damage caused by free radicals; and reduce the inflammatory responses by the body to processed foods and other toxins 😊 – Chef Brandon)