



# GRILLED SALMON WITH CITRUS GLAZE & MAPLE-ROASTED BRUSSELS SPROUTS & CARROTS



## Ingredients (Serves 4)

### *For the Grilled Salmon:*

- 4 fresh Atlantic salmon fillets (6 oz each), skin on
- 1/4 cup fresh orange juice
- 2 tsp orange zest
- 2 tbsp honey
- 1 tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- 1/4 tsp black pepper
- 1/4 tsp sea salt
- 2 tbsp fresh dill, chopped
- 1 cup cherry tomatoes, halved

### *For the Maple-Roasted Brussels Sprouts & Carrots:*

- 1/4 cup fresh orange juice
- 1 lb Brussels sprouts, trimmed and halved
- 4 medium carrots, peeled and sliced on the diagonal
- 2 tbsp extra virgin olive oil
- 1 tbsp pure maple syrup
- 1/4 tsp sea salt
- 1/4 tsp black pepper

## Directions:

### 1. Prepare the Citrus Glaze for Salmon:

- In a small bowl, whisk together orange juice, orange zest, honey, olive oil, Dijon mustard, salt, and pepper. Set aside.

### 2. Preheat the Grill:

- Heat the grill to medium-high (about 400°F / 200°C). Lightly oil the grill grates

### 3. Glaze and Grill the Salmon:

- Brush each salmon fillet with half of the citrus glaze. Reserve the rest for basting.
- Place salmon skin-side down on the grill. Cook 4-5 minutes, flip carefully, brush with remaining glaze, and grill 3-4 more minutes until salmon flakes easily.

### 4. Roast Cherry Tomatoes (Optional):

- Toss cherry tomatoes with a small drizzle of olive oil, salt, and pepper.
- Roast at 400°F / 200°C for 10 minutes until slightly blistered.

### 5. Prepare the Maple-Roasted Vegetables:

- Preheat oven to 400°F / 200°C and line a baking sheet with parchment paper.
- In a bowl, toss Brussels sprouts and carrots with olive oil, maple syrup, salt, and pepper. Spread in a single layer.
- Roast 20-25 minutes, stirring halfway, until tender and caramelized.

### 6. Plate and Serve:

- Place grilled salmon on the plate, top with fresh dill.
- Add roasted cherry tomatoes and a generous serving of Brussels sprouts & carrots on the side.
- Optional garnish: a wedge of lemon for extra freshness.



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