

# Cajun Salmon One Sheet Pan



Cajun Salmon One Sheet Pan - An easy no-fuss weeknight meal featuring moist and flaky salmon, green beans, baby potatoes, and cherry tomatoes. All of these are seasoned with exceptional flavors from herbs and spices and cooked on a single sheet pan. **A fantastic low carb and keto-approved meal baked in a single pan ready in just 25 minutes!**

Course	Main
Cuisine	American, South American
Prep Time	10 minutes
Cook Time	15 minutes
Total Time	25 minutes
Servings	3
Calories	297kcal
Author	<a href="#">Imma</a>

## Ingredients

- 1-2 teaspoons minced garlic
- 2-3 tablespoons fresh herbs thyme, parsley, and basil
- 1 tablespoon Cajun/Creole seasoning
- ¼ cup or 60ml canola oil or more
- 2-3 fillet (4-6oz) Salmon Steaks room temperature
- salt and pepper to taste
- 1 pound or more green beans or any vegetables
- 1 cup cherry tomatoes
- baby potatoes

## Instructions

1. Clean and cut the baby potatoes in half. Then place them in a large pot and pour water into it enough to cover the potatoes. Season with salt.
2. Bring it to a boil or until fork tender. Drain the water and let the pot with cooked potatoes simmer for 2-3 minutes until all excess water is gone. Set aside.
3. In a small bowl, combine garlic, thyme, parsley, Cajun/Creole seasoning, and canola oil. Mix thoroughly. Set aside.
4. Place the salmon steaks on a plate and season with salt and pepper. Brush the salmon steaks with the spice mixture. Set aside.
5. In separate bowls/plates, coat the veggies (tomatoes, green beans, and cooked potatoes) with the same Cajun spice mixture.
6. Position a rack in the center of the oven and preheat the oven to 400°F. Line a baking sheet with foil or parchment. Spray with a cooking spray or lightly oil.



7. Place the seasoned salmon, tomatoes, potatoes and green beans on a parchment-lined sheet pan.
8. Allow the salmon and vegetables to bake for 15-18 minutes or until cooked through. Cooking time will vary depending on the thickness of your salmon and preference.

## Notes

- You may leave the salmon and veggies in the spice mixture for at least 30 minutes to 1 hour. Then bake as instructed. Or fry them in a pan.
- Replace canola oil with olive oil, coconut oil, or butter to make it completely keto-friendly.
- This recipe makes a great meal prep.
- You may add more veggies like carrots, zucchini, and bell pepper.
- Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

## Nutrition

Serving: 4oz | Calories: 297kcal | Carbohydrates: 15g | Protein: 9g | Fat: 24g | Saturated Fat: 1g | Cholesterol: 10mg | Sodium: 20mg | Potassium: 537mg | Fiber: 6g | Sugar: 5g | Vitamin A: 2330IU | Vitamin C: 19.5mg | Calcium: 88mg | Iron: 3.1mg





# Wedge Salad



Wedge Salad - a classic steakhouse meal side dish with crunchy iceberg lettuce draped all over with creamy homemade blue cheese dressing, crispy bacon, juicy tomatoes, chives and crumbled blue cheese. Simple yet boldly flavored salad!

<b>Course</b>	Salad
<b>Cuisine</b>	American
<b>Prep Time</b>	10 minutes
<b>Total Time</b>	10 minutes
<b>Servings</b>	4
<b>Calories</b>	154kcal
<b>Author</b>	<u>Imma</u>

## Ingredients

- 1 head iceberg lettuce
- 4 slices bacon cooked & crumbled
- 1 cup (149 g) cherry tomatoes , diced
- 1 tablespoon (3.5 g) chives , diced
- 1 cup blue cheese dressing
- ¼ cup blue cheese crumbles

## Instructions

1. Wash the lettuce properly. Using a sharp knife remove the outer leaves. On a chopping board, chop the head of the lettuce, cut the end to take off stem and cut into four equal halves.
2. Plate each wedge and top with: bacon, tomato, chives, blue cheese dressing and blue cheese crumbles.

## Notes

1. Dice the toppings small to help them stay on top of the wedge. Bigger pieces will fall off.
2. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on the products used.

## Nutrition

Calories: 154kcal | Carbohydrates: 8g | Protein: 9g | Fat: 10g | Saturated Fat: 4g | Cholesterol: 15mg | Sodium: 848mg | Potassium: 333mg | Fiber: 2g | Sugar: 5g | Vitamin A: 955IU | Vitamin C: 12.7mg | Calcium: 127mg | Iron: 1.2mg



# Chocolate Molten Lava Cake



Rich, fudgy, and decadent molten cake fortified with rum and nutmeg and filled with a silky chocolatey filling. These impressive but easy to prepare cakes come together in less than 20 minutes and make the perfect Valentine's Day dessert or when you need a quick-fix dessert.

<b>Course</b>	Dessert
<b>Cuisine</b>	American
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	10 minutes
<b>Total Time</b>	20 minutes
<b>Servings</b>	3
<b>Calories</b>	611kcal
<b>Author</b>	<u>Imma</u>

## Ingredients

- 2 (28g) oz dark chocolate
- 2 (28g) oz milk chocolate
- 5 (70) tablespoons butter
- ¼ (31.25) cup all-purpose flour
- ¾ (93.75g) cups confectioner's sugar
- 3 large eggs
- 1 (4.2g) teaspoon vanilla extract
- 1 (15ml) tablespoon rum
- ½ (1g) teaspoon nutmeg (optional) for nutmeg lovers only

## Instructions

1. Preheat oven to 425°F. Lightly grease 3 " 6-ounce" or 4 "4-ounce" custard cups or small ramekins with a cooking spray or butter.
2. Combine the chocolates and butter in a medium bowl, then microwave. If microwave is not your thing, then melt it in a double broiler over medium heat while stirring occasionally until melted.
3. Whisk in the flour and sugar into the chocolate mixture, making sure everything is incorporated.
4. Stir in the eggs until everything is even and smooth. Add the vanilla extract, rum, and nutmeg. Mix well, scrape down the sides.
5. Divide the mixture evenly among the custard cups. Bake for at least 8 -10 minutes. The cakes will rise slightly and will wiggle if you shake the pan slightly.
6. Run a knife around the edges of the ramekins to loosen and invert the cakes onto dessert plates.
7. Serve warm with ice-cream, whipped cream, strawberry, or powdered sugar.



## Notes

1. You can use 4, 6, or 8-oz ramekins or a muffin pan.
2. Make sure to dust your muffin pan cups with cocoa powder or grease it with a cooking spray or butter so the lava cakes won't stick to them.
3. You may omit nutmeg, vanilla extract, or rum, but these three add a great a flavor profile in this lava cake recipe.
4. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

## Nutrition

Serving: 16-oz ramekin | Calories: 611kcal | Carbohydrates: 59g | Protein: 9g | Fat: 38g | Saturated Fat: 22g | Trans Fat: 1g | Cholesterol: 214mg | Sodium: 73mg | Potassium: 271mg | Fiber: 3g | Sugar: 44g | Vitamin A: 828IU | Vitamin C: 1mg | Calcium: 51mg | Iron: 4mg

