

## Herbed Salmon and Vegetables

### Ingredients

6oz salmon filet, skinless  
½ tsp rosemary, fine chop  
¼ cup carrot, julienne  
¼ cup red bell pepper, julienne  
¼ cup squash, julienne  
¼ cup potato, julienne  
1 green onion, medium dice  
Juice of ½ lemon  
Pinch of salt and pepper

### Method

Season salmon with rosemary, salt, and pepper. Place in the middle of the convectionware.

Toss together the julienne vegetables and arrange around the fish.

Squeeze the lemon juice over the fish and vegetables and lightly sprinkle with salt and pepper.

Secure the lid on the convectionware and place in a 450 degree oven for 15 minutes.