

Farm Market Recipe



Roasted Salmon & Tomatoes with Garlic & Olives

Ingredients:

- 1 pint cherry tomatoes, halved
- ¼ cup Kalamata olives, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 4 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1¼ pounds salmon fillet, cut into 4 portions

Directions:

1. Preheat oven to 400 degrees F.
2. Stir tomatoes, olives, 1 tablespoon oil, garlic, thyme, ¼ teaspoon salt and ¼ teaspoon pepper together in a medium bowl. Spread the mixture on half of a large rimmed sheet pan. Brush the remaining 1 tablespoon oil all over the salmon pieces; sprinkle with the remaining ¼ teaspoon each salt and pepper. Place on the empty side of the sheet pan. Bake until the tomatoes have broken down and the salmon is just cooked through, 12 to 15 minutes. Serve the tomato mixture atop the salmon.

Nutrition Facts:

Servings: 4 Serving Size: 1 fillet with ⅓ cup sauce

Per Serving: calories 276; carbohydrates 5g; dietary fiber 1g; total sugars 2g; protein 29g; total fat 15g; saturated fat 2g; cholesterol 66mg; sodium 545mg; calcium 71mg; iron 1mg; magnesium 50mg; potassium 718mg

Recipe from Eatingwell