

BAKED SALMON

With Chimichurri Sauce

Change up the herbs you use to make it your own such as mint, basil or cilantro. Herbs are a great way to add healthy plant nutrients.

INGREDIENTS

- 6-ounce salmon fillets, skin on
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Chimichurri Sauce

- 2 cups flat-leaf parsley
- 5 cloves garlic
- 3 tablespoons lemon juice
- 1 tablespoon fresh oregano
- ½ teaspoon crushed red pepper
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup extra-virgin olive oil

DIRECTIONS

STEP 1

Preheat oven to 425 degrees F. Line a rimmed baking sheet with foil or parchment paper and spray with cooking spray.

STEP 2

To prepare sauce: Puree parsley, garlic, lemon juice, oregano, crushed red pepper (if using), 1/2 teaspoon salt and pepper in a food processor. With the motor running, drizzle in 1/2 cup oil. Scrape down the sides, then process again until well combined.

STEP 3

To prepare salmon: Place salmon skin-side down on the prepared baking sheet. Rub with oil and sprinkle with salt and pepper. Roast until it flakes easily with a fork in the thickest part, 8 to 10 minutes per inch of thickness.

STEP 4

To serve, slide a thin spatula under each piece of fish, separating it from the skin, and place on a plate. Serve with about 2 tablespoons sauce each.

NUTRITION FACTS

Serving Size: 5 oz. salmon & 2tbsp. sauce
Per Serving: 378 calories; protein 34.6g;
carbohydrates 2.5g; dietary fiber 0.7g;
sugars 0.3g; fat 24.7g; saturated fat 4.1g;
cholesterol 79.5mg; vitamin a 1701.8IU;
vitamin c 28.4mg; folate 46.3mcg; calcium
96.8mg; iron 2mg; magnesium 58.1mg;
potassium 743.7mg; sodium 405.4mg;
thiamin 0.1mg.



Wisconsin Athletic Club

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