



INGREDIENTS

- 12 ounce salmon fillet, cut into 4 pieces
- Coarse-grained salt
- Freshly ground black pepper
- Toasted Almond Parsley Salsa, for serving
- Baked squash, for serving, optional

DIRECTIONS

Preheat the oven to 450 degrees F.

Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond Parsley Salsa and squash, if desired.

SERVES: 4
Calories: 177
Total Fat: 11 grams
Saturated Fat: 2.5 grams
Protein: 17 grams

Total carbohydrates: 0 grams
Sugar: 0 grams
Fiber: 0 grams
Cholesterol: 47 milligrams
Sodium: 170 milligrams

Oven-Baked *Salmon*

WAC Fun Food Fact

It becomes more challenging to get those good omega-3 fats from salmon in the winter, when the grill may be difficult to use. This recipe shows how tasty salmon can be when simply prepared in the oven and served with a simple sauce.

Besides omega-3 fats provided by the salmon, the sauce incorporates plenty of antioxidants from dark green parsley and the added benefits of heart-healthy almonds. What a way to start the New Year - with a healthy heart!

Toasted Almond Parsley Salsa

- 1 shallot
- 1 tablespoons red wine vinegar
- Coarse grain salt
- 2 tablespoons capers, rinsed
- 1 cup fresh flat-leaf parsley
- 1/2 cup toasted almonds
- Extra-virgin olive oil

Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes.

Roughly chop the capers, parsley and almonds and add to the shallots. Add the olive oil, tasting as you go. Mix again and adjust the seasonings.

Read more at: <http://www.foodnetwork.com/recipes/kathleen-daelemans/oven-baked-salmon-recipe/index.html?oc=linkback>



Recipe of the Month |

JAN

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