

Oven Roasted Salmon Veracruz Style

Serving Size: 1 each

Makes 6 servings

Ingredients:

2 TBSP	Olive Oil
½ cup	Vidalia onion, diced
1 tsp	Garlic, minced
½ cup	White Wine
1 lb	Tomatoes, fresh, chopped
3 TBSP	Pimento Stuffed Green Olives
1 each	Bay Leaf
½ tsp	Thyme, dried, crushed
½ tsp	Oregano, dried, crumbled
1 TBSP	Jalapeno, canned, sliced
1 tsp	Granulated Sugar
1 LB. 14 oz.	Salmon filet, fresh, no skin
2 TBSP	Lemon juice
2 TBSP	Cilantro, fresh, minced
1 TBSP	Olive Oil
1 tsp	Parsley, fresh, minced

Preparation:

1. Preheat oven to 400°F.
2. Heat 2 TBSP olive oil in a large sauté pan. Add onions and garlic, sauté over low heat until translucent (~3-5 minutes). Add white wine and reduce by 30% (~5 minutes). Add tomatoes, olives, bay leaf, thyme, oregano, jalapenos, and sugar. Cook over medium heat until just starting to thicken (~5 – 8 minutes).
3. While sauce is cooking, portion salmon into 5 oz. filets.
4. In a small bowl, combine lemon juice, cilantro and 1 TBSP olive oil.
5. Arrange salmon filets on a sheet pan with a rim or baking dish and divide marinade between the filets. Lightly rub into each filet and let sit for 30 minutes in the refrigerator.
6. Place marinated salmon in preheated oven for 10-15 minutes, or until an internal temperature of 145°F is reached. Divide sauce equally over each filet. Garnish with parsley.

NUTRITION FACTS PER SERVING

calories	350
total fat (g)	22
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	200
total carbohydrate (g)	7
dietary fiber (g)	2
sugar (g)	4
protein (g)	25



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