

Herb-Crusted Salmon with Roasted Tomatoes

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Servings: 4

2 tablespoons golden raisins
1 cup grape or cherry tomatoes
2 tablespoons capers, drained
4 tablespoons olive oil
3/4 cup packed parsley leaves
1 clove garlic
1/4 teaspoon salt
1/4 tablespoon crushed red pepper
4 (4 ounce) frozen salmon fillets,
about one-inch thick
fresh parsley leaves (optional)

Preparation Time: 15 minutes

Cook Time: 28 minutes

Preheat the oven to 400 degrees. Line a 15x10x1-inch baking pan with foil. Set aside.

In a small bowl, soak the raisins in hot water until softened and plump, about 10 minutes. Drain and set aside. To another small bowl, add the tomatoes and capers. Drizzle with two tablespoons of the olive oil. Toss gently to coat.

Meanwhile, in a food processor, combine the parsley, the remaining two tablespoons of olive oil, garlic, salt and crushed red pepper. Cover and process until smooth.

Remove the salmon from the freezer. Place on the prepared pan. Spoon the parsley mixture over each salmon fillet, spreading to cover. Spoon the tomato mixture around the salmon on the baking pan.

Roast, uncovered, for 14 to 15 minutes. Remove the pan from the oven. Add the raisins, stirring into the tomato mixture. Return the pan to the oven. Roast 14 to 15 minutes more or until the fish flakes easily with a fork.

Transfer the salmon to a platter. Spoon over the tomatoes, capers, raisins and any remaining pan juices. Sprinkle with fresh parsley leaves, if desired.

To use fresh or thawed: start by roasting the tomato mixture for 18 minutes. Then add the salmon to the baking pan, along with the raisins. Roast for 10 to 12 minutes more.

Per Serving (excluding unknown items): 137 Calories; 14g Fat (86.9% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 173mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	137
% Calories from Fat:	86.9%
% Calories from Carbohydrates:	12.5%
% Calories from Protein:	0.6%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	173mg
Potassium (mg):	44mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	22IU
Vitamin A (r.e.):	2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 137 Calories from Fat: 119

% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	173mg	7%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.