

# Mediterranean Salmon Bake

*Jeannette Huey*

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## **Servings: 4**

*1/2 cup mayonnaise  
1/3 cup green olives with  
pimientos, sliced  
1/4 cup chopped fresh  
parsley  
1 tablespoon fresh lemon  
juice  
1 tablespoon capers  
1/2 teaspoon  
Worcestershire sauce  
1/4 teaspoon white pepper  
1 1/2 pounds salmon fillets*

Preheat the oven to 375 degrees.

In a small bowl, combine the mayonnaise, green olives, parsley, lemon juice, capers, Worcestershire and white pepper. Mix well.

Remove all of the bones from the salmon and place the fillets, skin side down, in a large baking dish. Spread the olive mixture evenly over the salmon.

Bake until the salmon is barely opaque throughout, 20 to 25 minutes. Do not overcook. (The salmon will continue baking for a few minutes once it has been removed from the oven.)

Serve hot.

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Per Serving (excluding unknown items): 398 Calories; 29g Fat (65.2% calories from fat); 34g Protein; 1g Carbohydrate; trace Dietary Fiber; 98mg Cholesterol; 298mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.