

# **Roasted Salmon with Warm Lentil Salad**

Alison Ladman for The Associated Press  
Palm Beach Post

**Servings: 10**

**Preparation Time: 45 minutes**

**2 cups green lentils**  
**4 pound side of salmon, skin on**  
**1 clove garlic, finely minced**  
**2 tablespoons butter**  
**salt and ground black pepper**  
**zest and juice of one lemon**  
**segments of three oranges**  
**seeds of one pomengranate**  
**1 teaspoon ground coriander**  
**1/4 cup fresh cilantro, chopped**  
**splash hot sauce**  
**1 tub (8 oz) creme fraiche**  
**juice of one orange**

Preheat the oven to 400 degrees.

Coat a large rimmed baking sheet with nonstick cooking spray.

Bring a medium pot of salted water to a boil. Add the lentils and boil for 12 to 15 minutes, or until al dente. Drain well and set aside.

While the lentils cook, prepare the salmon. Place the salmon, skin down, on the prepared baking sheet. Rub with the garlic.

Place dots of butter all over the surface of the salmon, then sprinkle with salt and black pepper.

Bake for 15 minutes, or until just the center is slightly translucent.

While the salmon roasts, prepare the lentil salad. In a medium bowl, gently mix together the cooked lentils, lemon zest, lemon juice, orange segments, pomengranate seeds, coriander, cilantro and hot sauce. Season with salt and black pepper.

In a small bowl, stir together the creme fraiche and orange juice.

To serve, place the salmon on a large platter, arrange the lentil salad around the salmon. Drizzle with the creme fraiche sauce.

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Per Serving (excluding unknown items): 87 Calories; 9g Fat (92.3% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 34mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 2 Fat.