

# **Roasted Salmon, Tomatoes and Cauliflower**

Women's Day Magazine - October 1, 2011

**Servings: 4**

**Preparation Time: 10 minutes**

**Start to Finish Time: 40 minutes**

**1/4 cup golden raisins**

**2 small red onions, cut into wedges**

**1 small head (1 1/2 lb) cauliflower, cored and sliced 1/4-inch thick**

**1 pint grape tomatoes**

**2 tablespoons olive oil**

**Kosher salt**

**pepper**

**1 (1 1/2 pound piece) skinless salmon fillet**

**1/2 teaspoon curry powder**

Preheat oven to 425 degrees.

Place the raisins in a small pot. Add enough water to cover and bring to a boil. Remove from the heat and let sit 15 minutes. Drain and set aside.

Meanwhile, divide the onions, cauliflower and tomatoes between two large rimmed baking sheets. Toss each with one tablespoon of oil, 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Roast for 20 minutes.

Season the salmon with the curry, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Nestle it among the vegetables on one of the baking sheets.

Continue roasting both pans until the salmon is opaque throughout and the vegetables are golden brown and tender, 12 to 15 minutes more.

Transfer the salmon to plates.

Toss the vegetables with the raisins and serve with the salmon.

---

Per Serving (excluding unknown items): 128 Calories; 7g Fat (46.2% calories from fat); 2g Protein; 17g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.