



Mediterranean Diet Entree

Baked Salmon with Fresh Vegetables



Prep time: 5 min

Cook time: 35 min

4 servings

Ingredients:

1. 1 lemon, cut into 1/4 inch slices
2. 1 1/2 pounds skin on salmon fillets
3. 1/2 tsp sea salt
4. 3 Roma or plum tomatoes, cut into 1/4 inch slices
5. 1 medium onion, 1/4 inch slices
6. 1/2 pound mushrooms, diced
7. 1/3 pound of string beans, zucchini or carrots
8. 1/2 cup parsley, chopped
9. 1/4 cup white wine

Directions:

1. Preheat oven to 400F.
2. Place a large piece of foil onto a baking sheet. Lay half of the lemon slices in the center of the foil and center of the salmon (skin side down) on top. Sprinkle the surface of the salmon with sea salt.
3. Layer the tomatoes, onions, mushrooms, parsley, and remaining lemon slices on top of the fish. Drizzle with the wine and fold over the edges of the foil to seal the salmon in the packet.
4. Bake the salmon for 45 minutes. Remove from oven, discard the top layers of lemons and serve, watching out for steam as you open the packet.
5. Nutrition per serving: 271 Calories; 6 g Fat (1 g Sat); 88 mg Cholesterol; 422 mg Sodium; 11 g Carbohydrates; 2 g Dietary Fiber; Protein 37 g.

Recipe from The Mediterranean Diet Cookbook for Dummies
by Meri Rafetto, RD and Wendy Jo Peterson, MS, RD.