



*Simple,
Seasonal,
Sustainable*

Recipe of the Week **Garlic Roasted Salmon & Brussels Sprouts**

Ingredients:

- 14 large cloves garlic, divided
- 1/4 cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- 3/4 cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

Directions:

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 Tbsp oregano, 1/2 tsp salt and 1/4 tsp pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 Tbsp of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 Tbsp oregano and 1/2 tsp each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Serves 6

334 calories, 15 g fat, 3 g saturated fat, 10 g carbohydrate, 3 g fiber, 33 g protein, 485 mg sodium

Source: Million Hearts

healthy
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