

RED ONION & BASIL BAKED SALMON

Preparation Time: 10 – 15 minutes depending on the amount

Cooking Time: 10 – 15 minutes depending on the amount

Cooking Temperature: 350° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Salmon, fresh	2 Fillets	4 Fillets	6 Fillets	8 Fillets
Onions, red, thinly sliced	¼ Medium	½ Medium	¾ Medium	1 Medium
Basil, fresh, roughly chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Garlic cloves, finely chopped	1 Clove	2 Cloves	3 Cloves	4 Cloves
Dry white wine	¼ Cup	½ Cup	¾ Cup	1 Cup
Olive oil	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Black pepper	To taste	To taste	To taste	To taste

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Method:

- Preheat the oven.
- Pan sear the salmon flesh side up in a hot, non stick pan (roughly 20-30 seconds) and then place the salmon into a roasting tray, skin side down.
- In a bowl, combine the onion, garlic, wine, olive oil and pepper together.
- Spread the combined onion and garlic mixture evenly over the fish.
- Bake for approximately 10-15 minutes.
- Sprinkle the chopped basil over the fish and serve with steamed mixed vegetables.

Tips to Reduce Preparation & Cooking Time:

- Use crushed garlic to reduce preparation time.
- Use a sharp knife to chop the onions and reduce preparation time.
- Pan fry the salmon until it is cooked through instead of baking it, this will reduce the cooking time.

Baked Salmon with Red Onions and Basil - Analysis per Serving	
Energy:	
Calories (kcal):	276
Protein (g):	23.3
Total Fat (g):	16.6
Saturated Fat (g):	3.3
Monounsaturated Fat (g):	8.5
Polyunsaturated Fat (g):	3.2
Omega-3's (g):	2.2
Cholesterol (mg):	77.0
Carbohydrates (g):	2.1
Of which is sugars (g):	0.0
Fiber (g):	0.2
Sodium (mg):	117.0