



## HIGH FIVE RECIPES

# Baked Salmon Provencal with Olives

**Serves 4. Prep time: 5 minutes active; 35 minutes total.**

### The High Five

- 1 pound salmon filet, cut in four portions
- 1 cup cherry tomatoes, halved
- ¼ cup Greek olives, coarsely chopped
- 1 teaspoon fresh rosemary, chopped
- ¼ cup white wine

### Pantry and Kitchen Items

- 2 tablespoons olive oil, divided
- ½ teaspoon coarse salt
- ½ teaspoon freshly ground black pepper

---

## Preparation

Heat the oven to 400°F. Lightly oil a 9-inch square pan or small casserole.

Pour 1 tablespoon of the olive oil into the pan, and add the cherry tomatoes, white wine, olives and rosemary; toss to mix. Place in oven and roast for 15 minutes.

Place the salmon filet, skin side down, on the vegetable mixture, then salt and pepper the salmon portions and drizzle with remaining olive oil. Return to the oven and bake for 15 minutes, until the salmon flakes when pierced with a paring knife.

# Baked Salmon Provencal with Olives

## Ingredient checklist

### PRODUCE

- Cherry tomatoes
- Rosemary

### GROCERY

- Olive oil
- White wine
- Greek olives

### MEAT/SEAFOOD

- Salmon

### SPICES/SEASONINGS

- Salt
- Pepper

---

## Serving suggestion

Simple grilled or oven-roasted vegetables — zucchini, yellow squash, asparagus, red peppers — pair nicely with this salmon entrée.

## Nutritional information per serving

290 calories	4 g. carbohydrate
15 g. fat	1 g. fiber
65 mg. cholesterol	32 g. protein
280 mg. sodium	

*The nutritional values and information provided are approximations.*

