



Salmon with Tomato, Capers and Feta

Preparation:

Preheat oven to 400 degrees.

Dice tomatoes and place in a bowl with garlic, shallots and capers. Season to taste with freshly ground black pepper and mix thoroughly. Line a baking dish with aluminum foil and allow enough foil hanging over the sides to wrap the salmon up after preparing. Drizzle the olive oil on top of the foil at the bottom of the pan and place the salmon in the center. Season the salmon with some freshly ground black pepper then add the tomato mixture to the top of the salmon. Either crumble feta or use slices of feta on top of tomato mixture. Package salmon and tomato mixture up in the foil and place in oven for 20 minutes at 400 degrees. Serve with a side of baby arugula salad with strawberries, walnuts and balsamic vinaigrette (1 tablespoon Extra Virgin Olive Oil, 2/3 tablespoon balsamic vinegar, 1 teaspoon Dijon mustard, and salt and pepper to taste).

Serves 2 - Approximately 450 calories per serving

Ingredients:

8 oz of salmon filet: can be divided in two portions before or after cooking

½ pint cherry or grape tomatoes

1 large clove garlic, crushed

One shallot, finely chopped

½ tablespoon capers

Crushed black pepper

½ tablespoon olive oil

Feta cheese: approximately 2 oz

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