

Salmon with Tomatoes

Ingredients:

3 ripe tomatoes chopped or 1 14oz can of petite diced tomatoes drained
2 cloves of garlic, chopped
 $\frac{1}{4}$ cup onion, chopped fine or 1 teaspoon onion powder
3 tablespoons Olive Oil
2 tablespoons of Lemon Juice (Juice from $\frac{1}{2}$ of a Lemon)
1 $\frac{1}{2}$ teaspoons of fresh Oregano or $\frac{3}{4}$ teas of dried
1 $\frac{1}{2}$ teaspoons of fresh Thyme or $\frac{3}{4}$ teas of dried
1 teaspoon salt
 $\frac{3}{4}$ teaspoon pepper

Instructions:

- Mix above ingredients together in a bowl
- Place 1 – 1 $\frac{1}{4}$ pounds of Fresh Salmon cut in 2" strips into a glass dish or foil pan, top with Tomato Mixture.
- Bake 25 mins at 400 degrees or until Salmon flakes with a fork

** Salmon can be prepared and refrigerated for 6 hrs prior to cooking it.

** Recipe says to bake Salmon and mixture in foil, however I always bake it in a glass dish or foil pan topped with foil

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