

# 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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