

# TOMATO BASIL SALMON

## INGREDIENTS

- 2 cloves** Garlic (minced)
- 1 t** Kosher salt (divided)
- 1 T** Extra virgin olive oil
- 1** Salmon fillet (whole) (wide) (also called a 'side of salmon,' about 1 1/2 lbs) (remove bones)
- 1/3 C** Basil (fresh) (thinly sliced)
- 1/4 C** Basil (fresh) (thinly sliced)
- 2** Tomatoes (medium) (thinly sliced)
- 1/4 t** Pepper (to taste)
- Non-stick cooking spray



## DIRECTIONS

- 1** Pre-heat grill to medium **OR** your oven to broil (not maxi, convection or intensive)
- 2** Mash minced garlic & 3/4 t salt on a cutting board with the side of a broad knife or spoon until a paste forms
- 3** Transfer the baste to a small bowl & stir in the oil
- 4** If cooking on a grill lay the salmon fillet on a piece of foil sprayed with the non-stick cooking spray **OR** if using the broil setting spray your broiling pan with the non-stick cooking spray
- 5** Place the salmon skin-side down on the foil or broiling pan & spread the garlic mix all over it
- 6** Sprinkle with 1/2 C basil
- 7** Overlap tomato slices on top & sprinkle with the remaining salt & pepper (to taste)
- 8** If cooking on the grill, transfer the salmon from the foil to the grill
- 9** Grill or broil until the fish flakes easily (10 - 12 minutes)
- 10** Use 2 large spatulas to slide the salmon from the grill or broiler to a serving platter
- 11** Serve the salmon sprinkled with the 1/4 C of basil

## NOTES

4 servings

