



## Healthy Eating Initiative: Roasted Salmon Caprese

This oven-ready recipe is super easy to prepare. Salmon fillets and cherry tomatoes roast side by side on one pan, then are drizzled with balsamic glaze to pull it all together.

### Ingredients:

- 1 ½ teaspoons of extra-virgin olive oil
- 1 clove of garlic, grated
- ½ teaspoon of salt, divided
- ½ teaspoon of ground pepper, divided
- 2 cups of quartered cherry tomatoes
- 1 pound salmon fillet, skin removed and cut into 4 pieces.
- 1 ounce of pearl mozzarella balls, halved
- ¼ cup of thinly sliced basil
- 2 teaspoons of balsamic glaze

### Instructions:

1. Preheat oven to 425 degrees Fahrenheit. Coat a large, rimmed baking sheet with cooking spray.
2. Stir oil, garlic and ¼ teaspoon each of salt and pepper together in a small bowl. Add tomatoes and toss to coat.
3. Arrange the salmon on one side of the prepared baking sheet. Sprinkle with ¼ teaspoon each of salt and pepper. Then cover the tops of the fillets with mozzarella pieces. Fill the other side of the pan with the tomato mixture. Bake until the salmon is just cooked through, and the tomatoes have broken down, approximately 8-10 minutes.
4. Stir basil into the tomato sauce and serve over the salmon. Drizzle with balsamic glaze.

**Tip:** Balsamic glaze is balsamic vinegar that's cooked until it's very thick. Look for it with other vinegars in well-stocked supermarkets.

**Servings:** 4

**Prep Time:** 20 minutes

**Calories:** 291

**Cook Time:** 10 minutes

**Fat:** 18 grams

**Recipe Credit:** [www.eatingwell.com](http://www.eatingwell.com)

**Carbs:** 5 grams

**Protein:** 26 grams

