



## **Mediterranean Sheet-Pan Salmon**

*An easy, healthy and delicious dish to serve company*

- 1-pound multi-colored cherry or grape tomatoes
- 3/4 cup mixed pitted olives (black, green, or tan) halved or sliced
- 2-1/2 Tablespoons olive oil, divided
- 1-1/2-pound fresh salmon fillet, about 1-inch thick
- 2 teaspoons blackened seasoning
- 1 lemon, sliced
- 1 teaspoon dried thyme leaves
- Garnish: 2 to 3 Tablespoons toasted pine nuts; chopped fresh parsley
- Fresh dill sprigs as desired

Preheat oven to 425 degrees F. Line a rimmed 11x16 inch baking sheet with parchment paper.

**Combine Tomatoes and Olives:** Toss tomatoes and olives in small bowl; with 2 Tablespoons olive oil. Set aside.

**Prepare Salmon for Roasting:** Place salmon, skin side down in center of parchment paper lined pan; brush the salmon with remaining 1/2 Tablespoon olive oil. Sprinkle with blackened seasoning. Tuck any thin salmon edges under the fillet. Top the fillet with lemon slices; sprinkle with thyme leaves.

**Add Tomatoes and Olives:** Arrange the tomato mixture around the salmon; roast in preheated 425-degree F oven for 15 minutes or until the salmon temperature is about 145 degrees F.

**To Serve:** Let rest 10 minutes; remove to serving platter; sprinkle with toasted pine nuts and parsley. Garnish with fresh dill sprigs. Serve with roasted tomatoes and olives. Serves: 4 to 6

**Basic Recipe by** Fresh-Thyme Market Crave January/2020

**Cook's Note:** It is important to check the temperature of the salmon. Our fillet was a little thicker in parts and required almost 20 minutes to reach the interior doneness temperature. Also, we pitted our olives and slice/chop them.

**About the Recipe:** The salmon is very moist with a light spicy flavor. The addition of oven-warm tomatoes and olives are so juicy with that little touch of lemon and thyme. We think that this would be a wonderful company dinner. It is on our healthy food "make again" menu list.