



Pan Roasted Salmon with Fresh Cherry Tomato Vinaigrette

Farm fresh tomato essence enhances crisp salmon fillets

- 1 medium tomato, grated (1/4 cup tomato puree)
- 1 pint cherry tomatoes, halved
- 1 medium shallot, peeled, thinly sliced
- 3 Tablespoons red wine vinegar
- 1-1/2 Tablespoon drained capers
- 4 Tablespoons olive oil, divided
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt or as desired
- 1-1/2 pounds skin-on boned salmon filets, center cut
- Freshly ground black pepper
- Fresh chopped kale, as desired
- 1 Tablespoon minced fresh flat leaf parsley
- 1 Tablespoon chopped fresh basil

Before Starting: Preheat oven to 425 degrees F.

Prepare Tomato Mixture: Grate fresh tomato with box grater into ¼ cup tomato puree juice. Discard tomato top with skin. Toss together tomato puree juice, cherry tomatoes, shallot, vinegar, capers, 3 Tablespoons olive oil, cumin, and salt; set aside.

Cooking Salmon: Heat 1 Tablespoon olive oil in a medium overproof skillet over medium-high heat. Season salmon with salt and pepper. Place fillets in skillet, skin sides up. Cook until well browned on bottom, about 3 minutes. Carefully flip fillets. Transfer skillet to preheated oven, and roast until salmon is cooked through, about 7 minutes. Place fillets on plate; set aside to stay warm.

Prepare the Tomato Vinaigrette: Discard any fat in skillet. Return skillet to heat over medium heat and add reserved tomato mixture, Cook, stirring to scrape up any bits stuck to bottom of skillet, just until tomatoes soften, about 2 minutes.

To Serve: Place chopped kale on 4 dinner plates; divide fillets among 4 plates. Top salmon with tomato vinaigrette and sprinkle with parsley and basil. Yield: serves 4

Recipe Inspired by: Ted Allen, Food & Wine Magazine, September 2018

About the Recipe: Sautéed sweet cherry tomatoes are paired with capers, shallots, and cumin in a fresh flavored tomato vinaigrette. The chunky cherry dressing sauce is drizzled over crisp salmon fillets. It's an easy and quick way to make a healthy dinner.