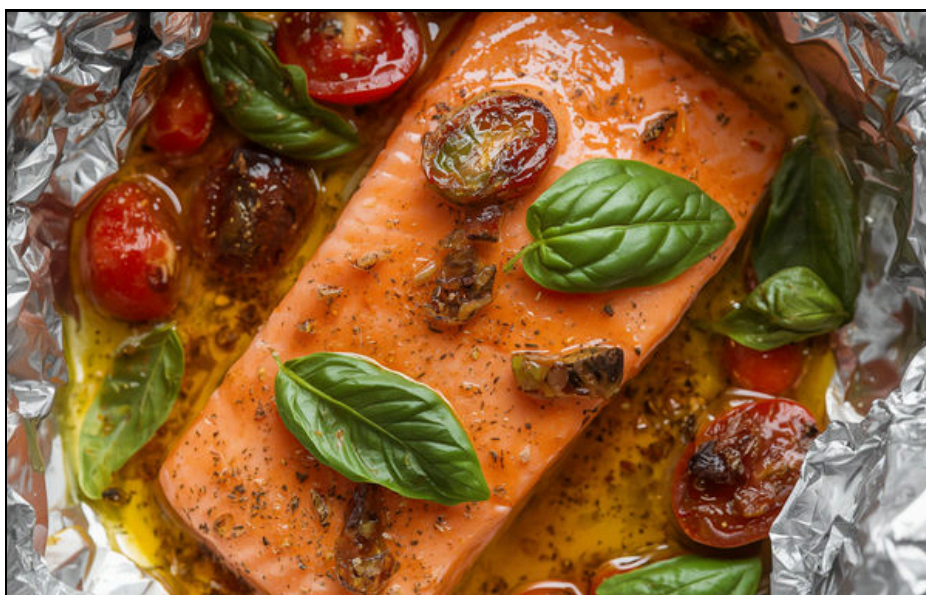


Salmon and Tomatoes in Foil - By Mark Bittman [NY Times] (Recipe on page 2)

This recipe is recommended by Lakeview Internal Medicine Nurse Practitioner, Tessa Somermeyer.



Tessa & her husband prepare this meal once per week. You can prep the tomato mix ahead of time if you wish or the whole salmon/tomato in foil the night prior. She recommends using fresh spices and fresh cherry tomatoes, but you can use low-sodium canned tomatoes and dried spices to make preparation even easier. Mixing toppings together in a glass Tupperware including canned low-sodium tomatoes, dried spices (basil, oregano, and a small pinch of sage), with a healthy amount of olive oil, fresh crushed garlic, salt and pepper will provide a mixture will last a couple weeks in the refrigerator. Tessa recommends cooking a vegetable to have with the salmon to complete the meal.

This recipe supports:

- Diabetes & blood sugar balance
- Heart health & cholesterol
- Blood Pressure
- Weight management
- General Health

Why Try this Recipe?

This meal is high in protein and healthy fats such as olive oil and omega-3 fatty acids, which help lower triglycerides and your bad cholesterol levels. Salmon is high in antioxidants and may help reduce inflammation. It's a light but filling. If you use fresh ingredients and low-sodium components it is excellent for blood pressure management especially if you skip using salt and only use spices and pepper for seasoning

Change It Up!

A common variant we will use is slicing an onion and lemon and layering both the onion and lemon on top of the tomatoes and using only salt and pepper for spices.

Salmon and Tomatoes in Foil

Ingredients

Yield:4 servings

4 tablespoons extra virgin olive oil

1 ½ to 2 pounds salmon fillet, cut crosswise (4 pieces)

12 cherry tomatoes, sliced in half

Salt and pepper

16 basil leaves

Preparation

Step 1

For each of the four servings, place one 12-inch-long sheet of aluminum foil on top of another. Smear the top sheet with ½ tablespoon olive oil, and place a fillet of salmon, layer with 6 tomato halves, salt and pepper, 4 basil leaves and another half tablespoon oil.

Seal each by folding foil onto itself and crimping edges tightly. Repeat to make other packages, and refrigerate until ready to cook, no more than 24 hours later.

Step 2

When you are ready to cook, heat oven to 500 degrees. Place the foil packages in a roasting pan. (Or they can be cooked on top of the stove in 2 skillets over medium-high heat.)

Cook for 5 minutes (for medium-rare) to 8 minutes from the time the mixture starts to sizzle, or roughly 10 to 12 minutes total.

Step 3

Let the foil packages rest a minute, and cut a slit along the top with a knife. Use a knife and fork to open the package. Spoon the salmon, garnish and juices onto a plate, and serve.