Garlic Roasted Salmon & Brussels Sprouts

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Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is a meal that is simple enough for a weeknight meal yet sophisticated enough to serve to company. Serve with whole-wheat couscous.

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SAVE THIS RECIPE

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| Ingredients for 6 servings | PreparationActive: 25 minutesReady in: 45 minutes |
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* 14 large cloves garlic, divided
* ¼ cup extra-virgin olive oil
* 2 tablespoons finely chopped fresh oregano, divided
* 1 teaspoon salt, divided
* ¾ teaspoon freshly ground pepper, divided
* 6 cups Brussels sprouts, trimmed and sliced
* ¾ cup white wine, preferably Chardonnay
* 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
* Lemon wedges
1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon

Nutrition information

* Per serving:334 calories;15g fat(3g sat);3g fiber;10g carbohydrates;33g protein; 75 mcg folate;71mg cholesterol;2g sugars; 0 g added sugars; 990 IU vitamin A; 64 mg vitamin C; 115 mg calcium; 2 mg iron;485mg sodium; 921 mg potassium
* Nutrition Bonus:Vitamin C (107% daily value), Vitamin A (20% dv)
* Carbohydrate Servings:½
* Exchanges:1 vegetable, 4 lean meat, 2 fat

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