



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

Salmon with Fire-Roasted Tomatoes

Yield: 6

Prep time: 10 minutes

Total time: 30 minutes

Ingredients

24 ounces wild caught salmon filet without skin

3 tablespoons avocado oil

1 ¼ cup diced fire-roasted tomatoes with no added sugar (ex. Muir-Glen Organic)

3 cloves of garlic chopped

2 tablespoons rinsed capers

¼ cup lemon juice

1 tablespoon parsley

Sea salt

¼ teaspoon black pepper



Directions

Heat oil over medium/high heat. Add garlic and saute 1 minute. Add tomatoes, lemon juice, rinsed capers, parsley and pepper. Cook for 5 minutes, stir often until liquid has reduced a lot. While sauce is simmering, wash salmon and pat dry, salt both sides and cut into 6 pieces. Push sauce to one side of the pan and add salmon. Spoon sauce over the salmon. Cover skillet and cook for 15 minutes or until internal temperature reaches 145 degrees.

Macronutrient Breakdown

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	280.8 kcal	14 %
Total Fat	16.3 g	25 %
Saturated Fat	2.3 g	11 %
Trans Fat	0 g	
Cholesterol	80.5 mg	27 %
Sodium	564.6 mg	24 %
Total Carbohydrate	2.8 g	1 %
Dietary Fiber	0.5 g	2 %
Sugars	1.1 g	
Protein	29.4 g	59 %
Vitamin A	3 %	• Vitamin C 21 %
Calcium	4 %	• Iron 9 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.