

Moroccan-Style Salmon

Ingredients

- 1/2 cup chopped fresh parsley
- 2 tsps olive oil
- 1 tsp fresh lemon juice
- 1/2 tsp salt
- 1/4 tsp ground ginger
- 1/4 tsp garlic powder
- 1/4 tsp ground cumin
- 1/4 tsp freshly ground black pepper
- dash ground red pepper
- 2 cloves minced garlic
- 4 6-oz. salmon fillets (about 1" thick)
- 1/2 lemon, thinly sliced
- 1 cup thinly sliced green pepper
- 1 cup thinly sliced red pepper
- 2 tbsps water
- 1 large plum tomato, cut in 1/4" slices
- cooking spray

Summary

Yield: 4

Source: Priscilla (adapted from Cooking Light Magazine)

Prep Time: 20 minutes

Category: Seafood

Instructions

Serves: 4

Excellent

Oven Temperature: 400 degrees

Preheat oven. Coat bottom and sides of a 13" X9" baking dish with cooking spray.

Combine first 10 ingredients in a large bowl. Add salmon, turning to coat. Cover and let stand 15 minutes. Remove salmon from bowl, reserving the marinade. Place salmon in the baking dish; in a single layer. Add lemon slices, red and green pepper slices, 2 tbsp. water, and tomato slices to the reserved marinade. Stir gently to coat. Arrange lemon mixture evenly over the salmon; cover with aluminum foil. Bake for 20 minutes or until desired degree of doneness.

Place 1 fillet on each of 4 plates. Top each serving with about 1/2 cup of the lemon mixture, drizzle each serving with about 2 1/2 tbsp. pan juices.