

## GARLICKY BAKED TOMATOES AND SALMON

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*This quick, simple recipe is great for those with a busy schedule. Just gather, chop, toss, and bake! Fatty fish, like salmon, contain omega-3 fatty acids; this type of fat is important for maintaining heart health..*

**Yield:** 4 servings

**Serving Size:** 6oz salmon and tomatoes

### Ingredients:

- 4 medium **tomatoes**, halved
- 8 sprigs fresh **thyme**, minced (or 1 ½ tsp dried)
- 4 cloves **garlic**, minced
- 2 Tbsp **olive oil**
- ½ tsp **paprika**
- Pinch of **salt**
- **Pepper**, to taste
- 4, 6oz skinless **salmon** (option to sub other fish)
- Crumbled **feta cheese** (optional)

### Instructions:

1. Preheat the oven to 450 degrees F.
2. Place tomatoes in a bowl and drizzle with olive oil; then add garlic, paprika, salt, and pepper and stir gently to combine. Place tomatoes, cut side up on a baking sheet and bake for 10-15 minutes.
3. On the same baking sheet, add salmon. Bake both salmon and tomatoes for additional 12-15 minutes until salmon is cooked thoroughly and tomatoes have collapsed to your desired doneness. Serve warm.  
*\*Once thoroughly cooked, sprinkle feta over salmon and tomatoes, if desired.*

**Per Serving:** Calories 393kcal, Protein 45g, Saturated Fat 7.6g, Sodium 463.5mg, Total Fiber 2g, Total Sugar 4.8g

This recipe was adapted from Garlicky Broiled Salmon and Tomatoes on realsimple.com.