



ROASTED FISH WITH CILANTRO AND TOMATO

You will be amazed with the flavor of these fresh and tasty ingredients, reminiscent of the Middle East and India. Salmon is a great source of protein and omega-3 fats that promote heart health! This recipe can also be prepared with tilapia, cod, or other whitefish. These fish have lower amount of omega-3 fats, but the finished product is just as tasty!

Yield: 4 servings

Serving Size: 8 ounces

Ingredients:

- ¼ cups of **cilantro**, chopped fine
- 1 large **tomato**, grated on the large holes of a box grater
- 4 **garlic cloves**, grated or crushed
- 1 tbsp of **soy sauce**
- 2 tbsp of **olive oil**
- 1 tbsp of **tamarind paste** (optional, see note)
- ½ tsp **curry powder**
- ½ tsp **Arabic 7 spices** (optional, see note)
- ¼ tsp **salt**
- 2lb of **salmon, tilapia, or cod** filets

Instructions:

1. Preheat the oven to 375 °F.
2. In a bowl, combine the cilantro, tomato, garlic, soy sauce, olive oil, tamarind paste (if using), curry powder, Arabic spices (if using), and salt. Set aside.
3. Place parchment paper on a non-stick baking sheet and place salmon on parchment paper, skin side down. Pat salmon with a paper towel to dry.
4. Spread the cilantro mixture on top of the salmon using the back of a spoon.
5. Roast the salmon on the middle rack of the oven for 15-20 minutes.
6. The salmon is ready when a fork or knife goes through with no resistance.

Chef's Notes: Tamarind paste and Arabic 7 spice blend can be found at most Asian or Middle Eastern grocery stores or Pete's fresh market. However, these ingredients are not necessary to make a delicious, finished product.

Per Serving: Calories 352, Carbohydrates 5g, Protein 33g, Saturated Fat 4 g, Sodium 763 mg, Fiber 1g, Sugars 1g

