

Baked Salmon with Pesto

Ingredients:

2 thick salmon fillets
prepared basil pesto
olive oil
Roma tomatoes (optional)
salt and pepper

Method:

Preheat oven to 450 degrees. Arrange two sheets of aluminum foil, one over the other. Drizzle approximately 1 tablespoon of olive oil in the middle. Arrange salmon fillets over the oil. Cover each fillet with 1-2 tablespoons of pesto. If you want, cut some Roma tomatoes in half lengthwise and place on the salmon cut-side up. Drizzle the tomatoes with a little more olive oil and sprinkle with salt and pepper. Bring the foil over the sides of the fish and seal the edges tightly, making an envelope. Bake at 450 degrees for approximately 15 minutes. If you want the tomatoes to get a little more roasted, open the envelope after 15 minutes and put under the broiler for a few minutes. If your envelope is small enough, or if you only want to cook one piece of salmon, this can be done in the toaster oven with great results.

Happy Eating!

Sharon

www.thefunctionalweirdo.wordpress.com