THOMPSON DELIGHT

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Recipes under 450 calories

THOMPSON HOSPITALITY

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Celebrating Food, Art & Culture

Chef Spotlight

Celebrating Foods of the World

BLOOD-ORANGE ROASTED WILD SALMON

Servings: 6

Ingredients

- 2 teaspoons kosher salt
- 1 teaspoon fresh cracked pepper
- 1 1/2 teaspoons granulated garlic
- 1 tablespoon parsley, chopped
- 2 blood oranges, sliced into 1/4-inch rounds
- 1 onion, thinly sliced
- 1 1/2 tablespoons olive oil
- Six 6-ounce wild salmon fillets
- 1/2 cup blood orange juice
- 1 1/2 tablespoons lemon juice
- 1 tablespoon honey

Directions

Heat the oven to 400 F.

In a small bowl or cup, stir together the salt, black pepper, garlic and parsley. Place the slices from one of the oranges in a single layer in the bottom of a 9-by-13-inch baking dish. Place a layer of onion slices over the orange. Drizzle with a little bit of olive oil, and sprinkle with 1/2 of the herb mixture.

Place the dish in the heated oven and roast for about 25 minutes, or until the onions are browned and tender. Remove the dish from the oven, and increase the temperature to 450 F.

Push the onion and orange slices to the outer edge of the baking dish, and place the salmon fillets in the center. Season with the remaining herb mixture. Whisk together the orange juice, lemon juice and honey in a small bowl. Pour evenly over the salmon.

Bake for 10 to 12 minutes, or until the salmon is cooked to 145 F when checked with a thermometer.

Keep hot until ready to serve.