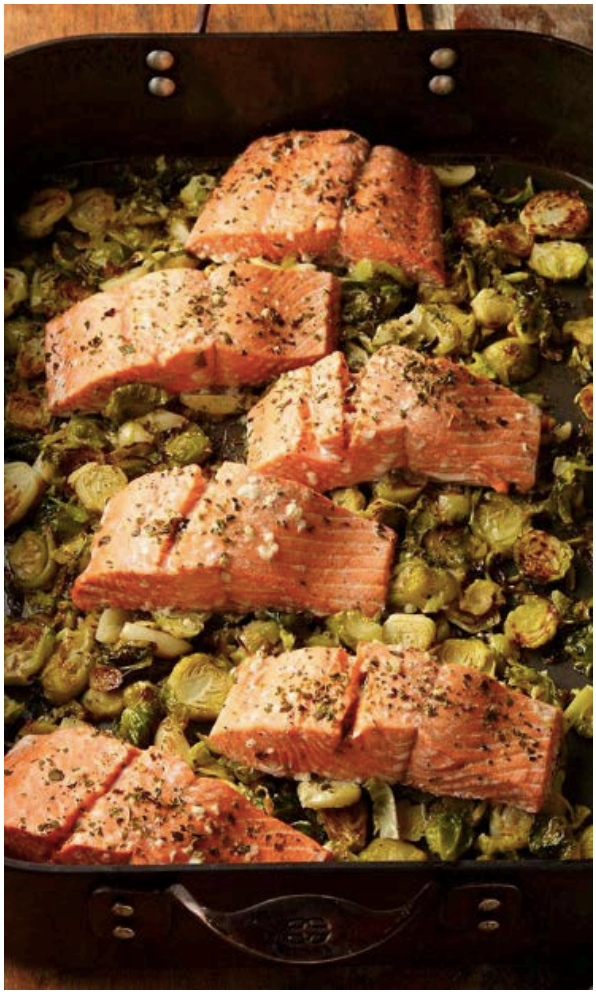
GARLIC ROASTED SALMON W/ BRUSSELS SPROUTS

INGREDIENTS:

- 4 large cloves of garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon sea salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges



NUTRITION:

- calories 334
- protein 33g
- carbohydrates 10g
- dietary fiber 3g
- sugars 2g
- fat 15g
- saturated fat 3g
- cholesterol 71mg
- sodium 485mg

DIRECTIONS:

- Preheat oven to 450 degrees F.
- Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
- Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon of oregano and 1/2 teaspoon of each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Makes 6 servings

Reference:https://EatingWell.com