



Spicy Salmon

You can, of course, use this fragrant marinade with just about any kind of seafood, but the flavors work especially well with salmon. Include one cup of cooked farro (shown here) or brown rice per serving, and add your favorite vegetable or salad.

Yield: 4 servings

Ingredients

- 4 cloves garlic, chopped
- 1/2 teaspoon sea salt
- 2 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 1 teaspoon crushed red pepper flakes
- 4 salmon steaks, each about 4 ounces

Directions

1. Crush the garlic with the salt in a mortar or mash it with a fork in a small bowl. Add the oil, lemon juice, and pepper flakes, and continue mashing to form a smooth paste.
2. Arrange the salmon in a baking dish and spread the marinade on top. Cover with plastic wrap and refrigerate for up to two hours.
3. Preheat the oven to 450°F. Uncover the fish and bake until the fish flakes easily with a fork, about 15 to 20 minutes.

Nutrition Information (for fish)

Calories: 270, Fat: 12g, Sodium: 330mg, Carbohydrate: 2g, Fiber: 1g, Protein: 7g

Oldways recipe and photo.

This recipe is from the book, *The Oldways 4-Week Mediterranean Diet Menu Plan*.

