

Recipe for: Garlic Roasted Salmon and Brussel Sprouts

Ingredients:

14 cloves large garlic (divided)
¼ cup extra virgin olive oil
2 tablespoons finely chopped fresh oregano (divided)
1 teaspoon 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 pieces)
lemon wedges

Preparation:

Preheat oven to 450 degrees F.

Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt, and ¼ 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 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.