



Tomato Basil Salmon

This quick tomato basil salmon dish is perfect for a weeknight dinner. Serve with a side of sautéed spinach and a glass of Pinot Noir.

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Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 2

Yield: 2 salmon fillets

Ingredients

- 2 (6 ounce) boneless salmon fillets
- 1 tablespoon dried basil
- 1 tomato, thinly sliced
- 1 tablespoon olive oil
- 2 tablespoons grated Parmesan cheese

Directions

Step 1

Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil; coat with cooking spray.

Step 2

Place salmon fillets on foil; sprinkle with basil. Top with tomato slices, drizzle with olive oil, and sprinkle with Parmesan cheese.

Step 3

Bake in the preheated oven until salmon opaque in center and Parmesan lightly browned, about 20 minutes.

Nutrition Facts

Per serving: 405 calories; total carbohydrate 4g; dietary fiber 2g; total sugars 2g; protein 36g; total fat 27g
; saturated fat 6g; cholesterol 104mg; vitamin c 16mg; sodium 180mg; calcium 129mg; iron 2mg;
potassium 838mg