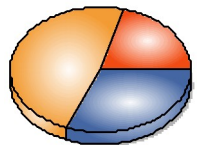




## Seattle Summer Salmon with Roasted Garlic Sauce

Recipe grams: 893.09g/31.5oz

Serves 2 446.54g/15.8oz per serving



Protein: 45%  
Carbohydrates: 18%  
Fat: 37%

### INGREDIENTS

6 clove GARLIC, RAW  
1/4 cup YOGURT, NONFAT, PLAIN  
1/8 tsp SAFFRON  
1/4 tbsp LEMON JUICE, CANNED OR BOTTLED  
1 tsp OLIVE OIL, GREEK, EXTRA VIRGIN  
2 clove GARLIC, RAW  
2 tbsp FISH SAUCE  
1 cup FISH STOCK, HP  
1 tbsp PARSLEY, RAW  
1 tsp LEMON JUICE, CANNED OR BOTTLED  
10 oz SALMON, ATLANTIC, WILD, RAW  
1 tsp CORNSTARCH  
2 whole TOMATO, RED, RIPE, RAW, year round avg (2.6" dia)

### DIRECTIONS

Early in the day, preheat oven to 350 deg. Cut the top off of a large head of garlic, spray top with olive oil cooking spray or lightly sprinkle olive oil over the top. Wrap in aluminum foil, place in oven for 1 hour. Allow to cool.

Squeeze out 1/2 of the garlic flesh and combine with 1/4 cup yogurt, saffron and lemon juice. Heat olive oil in a frypan and sauté garlic until aromatic, about 1 minute. Add remaining roasted garlic and mix. Add next 6 ingredients and heat to boiling. Add salmon fillets, reduce to medium and cook in broth until done, turning once, replacing water as needed. Remove the salmon, place on plates and keep warm. Remove broth from heat. Make a slurry from the cornstarch and 1-2 Tbsp fish stock or water. Add to broth, place on heat and bring to a boil, allowing sauce to thicken. Add tomatoes and heat through.

Top salmon fillets with tomato-fish sauce and top each with 1/2 of the roasted garlic sauce. Serve with accompanying vegetable and side salad.

### Nutrition Facts

Serving Size: 1 serving (446.5g)  
Servings: 1

#### Amount Per Serving

Calories 310 Calories from Fat 110

% Daily Value\*

**Total Fat** 13g **20%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 80mg **25%**

**Sodium** 1460mg **60%**

**Total Carbohydrate** 13g **4%**

Dietary Fiber 2g **8%**

Sugars 6g

**Protein** 34g

Vitamin A 25%

• Vitamin C 40%

Calcium 10%

• Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.