



**BRAIN HEALTHY
COOKING**

Entrée

Oven Baked Salmon with Almond Parsley Salsa



Ingredients

12 oz salmon fillet, cut into 4 pieces
Black Pepper
Spice of Life

Toasted Almond Parsley Salsa:

1 Shallot
1 TBSP Red Wine Vinegar
2 TBSP Capers, rinsed
1 CUP fresh flat-leaf Parsley
1/2 CUP Slivered Almonds, toasted
Extra-Virgin Olive Oil

Serves 4

Directions

Salmon:

1. Preheat the oven to 450° F.
2. Season salmon with Spice of Life & pepper. Place salmon, skin side down, on a non-stick baking sheet.
3. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond Parsley Salsa.



Toasted Almond Parsley Salsa:

1. Mince shallot and add to a small bowl. Pour vinegar over minced shallot and add a pinch of Spice of Life. Let it sit for 30 minutes.
2. Roughly chop capers, parsley and almonds and add to shallots. Add olive oil, mix again and tasting as you go.