

Mediterranean Salmon

FISH WITH BASIL GARLIC SAUCE



Ingredients

Salmon Fillets, thawed	25 Fillets
Basil (fresh or dried)	2 1/2 Cups
Garlic Cloves (fresh)	5 Cloves
Lemon Juice	1 Tbsp + 2 Tsp
Kosher Salt	1 1/4 Tsp
Cayenne Pepper	1/4 Tsp
Mayonnaise	2 1/2 Cups

NUTRITIONAL VALUE

Calories: 260
Fat: 11 g
Cholesterol: 130 mg
Sodium: 300 mg

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Method of Preparation

1. Preheat convection oven to 450F.
2. Finely chop basil if fresh. Take the garlic cloves, peel, smash then finely chop.
3. Combine basil, garlic lemon, salt, cayenne in a mixing bowl or food processor and mix/pulse until well blended.
4. Add mayonnaise and mix/blend until smooth.
5. Pat salmon fillets dry and place on an oiled sheet pan.
6. Spread basil mixture over portions.
7. Place salmon in pre-heated oven; bake until they are cooked through (145), approximately 9-11 minutes.

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