

Grilled or Baked Salmon with Lemon Parsley Oregano Pesto

Serves 4

1	clove garlic chopped
½ cup	lightly packed fresh parsley sprigs
2 tbsp	lightly packed fresh oregano (or 2 tsp dried)
2 tsp	grated lemon zest
2 tbsp	freshly squeezed lemon juice
4 tsp	extra virgin olive oil
¼ tsp	ground pepper
4	skinless salmon filets (each 3 to 4 oz)

1. In a food processor or blender, combine garlic, parsley, oregano, lemon zest and juice, oil and pepper; puree until very smooth.
2. Pat salmon dry with paper towels. Arrange in baking dish and coat both sides with pesto. If salmon has skin on, only coat 1 side. Marinate at room temperature for 15 minutes, or cover and refrigerate up to 1 hour.
3. Place salmon on preheated grill and cook for 5 to 7 minutes per side (depending on thickness) or until fish is opaque and flakes easily when tested with a fork.

OR

4. Bake in the oven at 400F for 15 - 16 minutes (depending on thickness of salmon).

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