

# Garlic Roasted Salmon and Brussels Sprouts

## Ingredients:

14 garlic cloves, divided  
1/4 cup extra-virgin olive oil  
2 tablespoons finely chopped fresh oregano, divided  
1 teaspoon salt, divided  
3/4 teaspoon freshly ground pepper, divided  
6 cups Brussels sprouts, trimmed and sliced  
3/4 cup cooking white wine  
2 pounds wild caught sockeye salmon fillet, skinned, cut into 6 portions  
Lemon wedges

## Directions:

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast for 15 minutes, stirring once.
3. Add wine to the remaining mixture. Remove the pan from the oven, stir the vegetables and place the salmon on top. Drizzle with cooking wine mixture. Sprinkle the oregano, salt, and pepper. Bake salmon for 5 to 10 minutes. Serve with lemon wedges.

## Nutrition Facts

Serving Size 1/2 carbs. serving. 1 vegetable, 4 lean meat, 2 fat (321g)  
Servings Per Container 6

Amount Per Serving

**Calories 400**    **Calories from Fat 180**

	% Daily Value*
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	

**Protein 38g**

Vitamin A 30%    •    Vitamin C 20%

Calcium 8%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

**Benteh Nuutah**

**Valley Native Primary Care Center**

**Wellness Center**

(907) 631-7630

southcentralfoundation.com

Source: eatingwell.com

