



## Mediterranean-Style Salmon with Herb-Crusted Flavor and a Vibrant Salad

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### Recipe for Mediterranean-Style Salmon

#### Ingredients

- **For the Salmon:**
    - 4 salmon fillets (6 oz each)
    - 2 tbsp olive oil
    - 2 cloves garlic, minced
    - 1 tsp paprika
    - 1 tsp dried oregano
    - 1 tsp dried thyme
    - Zest of 1 lemon
    - Salt and pepper to taste
    - 1 t light olive oil or avocado oil
  - **For the Salad:**
    - 2 cups mixed greens (spinach, arugula, romaine, shaved brussels)
    - 1 cucumber, sliced
    - 1 cup cherry tomatoes, halved
    - ½ red onion, thinly sliced
    - ¼ cup Kalamata olives, pitted
    - ½ cup crumbled feta cheese
    - Dressing: 3 tbsp olive oil, 2 tbsp lemon juice, 1 tsp Dijon mustard, 1 tsp honey, salt, and pepper.
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## Directions

- **Prepare the Salmon**
    - Preheat oven to 400°F (200°C).
    - Line a baking sheet with parchment paper.
    - Pat salmon fillets dry with paper towels and place them skin-side down on the baking sheet.
  - **Make the Herb Rub**
    - In a small bowl, combine olive oil, garlic, paprika, oregano, thyme, and lemon zest.
    - Brush the mixture generously over the salmon fillets.
    - Season with salt and pepper.
  - **Sear Salmon**
    - Heat pan and add 1 t light olive or avocado oil, place salmon in hot pan and sear on both sides. Remove to parchment paper.
    - Bake in the preheated oven for 12-15 minutes, or until the salmon is opaque and flakes easily with a fork.
    - Optional: Broil for 1-2 minutes at the end for a crispy top.
  - **Prepare the Salad**
    - Toss the mixed greens, cucumber, cherry tomatoes, red onion, and olives in a large bowl.
    - Whisk the dressing ingredients in a small bowl and drizzle over the salad. Top with crumbled feta.
  - **Serve**
    - Plate the salmon alongside a generous portion of the salad. Garnish with extra lemon wedges.
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