

Mediterranean Baked Salmon

A Staple of the Lipid-Wellness Lifestyle

"Rich in marine Omega-3s, this dish supports endothelial health and helps maintain a healthy lipid profile. It's a perfect example of how 'food as medicine' can also be incredibly flavorful." — **Dr. Raymond Kordonowy**

The Science of the Plate

- **Omega-3 Fatty Acids:** Essential for reducing triglycerides and supporting the lining of your blood vessels (the endothelium).
 - **Antioxidant Synergy:** Lycopene from tomatoes and polyphenols from extra virgin olive oil work together to combat oxidative stress.
 - **Low Glycemic Impact:** This meal provides high-quality protein and healthy fats without spiking blood sugar, making it ideal for metabolic health.
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Ingredients

- **4** Wild-caught salmon fillets (approx. 6 oz each)
- **2 Tbsp** Extra virgin olive oil
- **1** Lemon, thinly sliced
- **3 Cloves** Garlic, minced
- **1 tsp** Dried oregano
- **1 cup** Cherry tomatoes, halved
- **¼ cup** Kalamata olives, pitted and halved
- **¼** Red onion, thinly sliced
- **Fresh parsley**, chopped (for garnish)
- **Sea salt & cracked black pepper** to taste

Directions

1. **Preheat:** Set your oven to **400°F (200°C)**. Line a large baking sheet with parchment paper.
2. **Season:** Place the salmon fillets on the sheet. Rub each fillet with olive oil and minced garlic. Season lightly with salt, pepper, and dried oregano.
3. **Assemble:** Arrange the cherry tomatoes, olives, and red onion slices around and on top of the salmon. Place a lemon slice on each fillet.
4. **Bake:** Roast for **12–15 minutes**, or until the salmon is opaque and flakes easily with a fork. (Cooking time may vary slightly depending on the thickness of the fillets).
5. **Serve:** Garnish with fresh parsley. This pairs excellently with a side of steamed asparagus or a light quinoa pilaf.