

Slow-Roasted Salmon with Pistachio Basil Pesto

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Serves: 4

Ingredients:

- 4 (6-ounce) salmon fillets
- 1/4 cup plus 1 tablespoon extra-virgin olive oil, divided
- 3/4 teaspoon kosher salt, divided
- 1 teaspoon ground black pepper, divided
- 1 teaspoon Italian seasoning
- 1/3 cup pistachios, roasted and shelled
- 2 cups basil
- 4 green onions, trimmed and chopped into 2-inch pieces
- 1 teaspoon rice vinegar
- 1/4 cup water
- 2 tablespoons grated Parmesan cheese

Method:

1. Preheat oven to 275°F and line a rimmed baking sheet with parchment paper.
2. Lay salmon fillets on prepared baking sheet and coat evenly with 1 tablespoon of oil. Season with 1/2 teaspoon salt, 1/2 teaspoon pepper and Italian seasoning, and bake for 20-25 minutes, or until the thickest part of the fish begins to flake when pierced with a fork.
3. While the salmon cooks, make the pesto by combining the pistachios, basil, green onion, rice vinegar and remaining salt and pepper in the bowl of a food processor or blender. Pulse until finely chopped. With the machine running, stream in the water and remaining 1/4 cup olive oil. Transfer pesto to a bowl and fold in grated cheese.

NUTRITIONAL FACTS**Serving Size: 245g****Servings: 4****Calories: 500**

Amount per Serving		%Daily Value
Total Fat	32g	41%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	1120mg	49%
Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Total Sugar	1g	
Added Sugar	0g	0%
Protein	48g	
Vitamin A	116mcg	13%
Vitamin C	6mg	7%
Vitamin D	23mcg	120%
Calcium	90mg	6%
Iron	2mg	10%
Potassium	985mg	20%