

Tomato Basil Salmon

by Matt Rich

This quick tomato basil salmon dish is perfect for a weeknight dinner. Serve with a side of sautéed spinach and a glass of Pinot Noir.

2 salmon fillets · 405 cal/serving

36g protein · 4g carbs · 22g fat

seafood

dinner

salmon

weeknight

Ingredients

- 2 (6 ounce) boneless salmon fillets
- 1 tablespoon dried basil
- 1 tomato, thinly sliced
- 1 tablespoon olive oil
- 2 tablespoon grated parmesan cheese

Steps

1. Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil; coat with cooking spray.
2. Place salmon fillets on foil; sprinkle with basil. Top with tomato slices, drizzle with olive oil, and sprinkle with Parmesan cheese.
3. Bake in the preheated oven until salmon opaque in center and Parmesan lightly browned, about 20 minutes.

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