

Mediterranean Salmon with Olives & Tomatoes

Ingredients

- 2 salmon fillets
- 1 cup cherry tomatoes, halved
- 1/3 cup Kalamata olives, pitted
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Place salmon in a baking dish and surround with tomatoes and olives.

3. Drizzle olive oil and sprinkle oregano, salt, and pepper.

4. Bake for 15–18 minutes, until salmon is fully cooked.

Health Benefits

Inspired by Mediterranean diets, this recipe is heart-healthy and supports brain and skin health through healthy fats and antioxidants.