



## Salmon and Cherry Tomatoes and Basil

### Ingredients

- 1 2-pound salmon fillet
- Olive oil
- Salt and pepper
- 1 sweet onion, chopped
- 2 cloves garlic, minced
- 1 pint cherry tomatoes, halved
- 2 T good balsamic vinegar
- 2 T julienned fresh basil leaves

### Directions

- Preheat oven to 425 degrees
- Heat 2 T oil in a sauté pan
- Add the onion and sauté over medium-low heat for 5 minutes until tender but not browned
- Add garlic and sauté for 1 more minute
- Stir in the tomatoes, 1 t salt, and ½ t pepper and cook over medium-low heat for 10-15 minutes until liquid evaporates and the sauce thickens.
- Turn off the heat and stir in vinegar and basil
- Add 2 T oil to coat the bottom of a skillet
- Brush salmon with oil and sprinkle with salt and pepper.
- Sear salmon approximately 3-4 minutes, without moving, until brown, then flip and sear other side
- Place salmon in a baking dish
- Bake 8-10 minutes until almost cooked through
- Remove to a platter, cover with foil and let it rest for 5 minutes
- Reheat the tomatoes, season to taste, and serve warm along with the salmon.