

Salmon with Garlic and Red Onion

Ingredients:

3 tbsp. Extra Virgin Olive Oil, plus extra for the baking sheet
1/3 cup dry White Wine
2 Garlic Cloves, thinly sliced
1 tbsp. Honey
2 Red Onions, thinly sliced
4 four ounce Salmon Filets
Kosher Salt, freshly ground Black Pepper

Directions:

Preheat oven to 375 degrees.

In a skillet, over medium heat, warm the olive oil. Add garlic and onions, season with salt and pepper, and sauté for 7 minutes. Deglaze the pan with the wine, add honey, and cook for another 2 minutes.

Meanwhile, season the fillets with salt and pepper and arrange skin side down on a lightly oiled baking sheet. Scatter the garlic and onion mix over the top of the fillets. Bake in the oven for about 12 minutes.

Remove from the oven and serve.

Serves 4