

Roasted Salmon with a Fresh Tomato Broth  
(serves 4)

4 6 ounce Salmon Filet  
1 T chopped thyme  
3 T olive oil  
1 lemon zested and juiced  
2 Cups assorted mushrooms ( white, crimini and or shitake)  
1 Cup quartered artichokes (can)  
1 bunch of kale (torn off of the vine)  
1 Cup chopped tomatoes  
1 clove of garlic  
5 leaves of basil - chopped  
1 shallot chopped  
Salt and pepper to taste

1. Mix salmon with 2 T fresh thyme, lemon zest and juice and season with salt and pepper. Bake in a 350 degree oven for 12 minutes or until cooked through.
2. Heat a large sauté pan with 2 T olive oil and add mushrooms. Cook for 5 minutes, allowing mushrooms to brown. Season with salt and pepper.
3. Add kale, artichokes and the rest of the thyme. Cook until the kale is wilted. TASTE.
4. In a blender, combine tomatoes, basil, garlic, shallot and 1 T olive oil. Puree and TASTE.
5. Place mushroom mixture on plate. Top with fish and pour sauce on top.