

Roasted Salmon with Tomatoes & Mint  
(serves 4)

4 6 oz. salmon filets  
3 T olive oil  
1/2 lemon  
1 8oz. can of chick peas  
1/2 pt. grape or cherry tomatoes  
5 leaves of mint  
leftover bean salad from lunch  
Salt and pepper to taste  
1 T red wine vinegar  
1 T olive oil

1. Place a sauté pan over med heat, add 1 T olive oil, once the oil starts to smoke season the salmon with salt and peppers and add to the pan, cook 3 minutes, turn over and add tomatoes and red wine vinegar. Place in oven at 350 degrees for three minutes.
2. Remove fish from oven and take out of pan. Add chickpeas, leftover bean salad and mint to the tomatoes and stir well over medium heat.
3. Spoon onto plate, top with salmon and any remaining tomato mixture. Squeeze fresh lemon juice on top of fish and serve.