

Herbed Salmon

What's Inside:



2 (4 OZ)
SALMON
FILLETS



4 OZ
GRAPE
TOMATOES



1
LEMON



1/2 CUP
GREEK YOGURT



1 TSP
DRIED
TARRAGON



3/4 CUP
INSTANT
POLENTA



4 TBSP
BUTTER



1/3 CUP
PARMESAN
CHEESE

What You'll Need:

Olive oil
Salt & pepper
Paper towels
Sheet pan
Aluminum foil
Nonstick cooking spray
Fork
Small bowls (2)
Large saucepan
Whisk
Instant read meat thermometer

Recommended Preparation:



1 Prepare Vegetables

Preheat oven to 450°F. Wash tomatoes and lemon; dry. Halve tomatoes; toss with 1 teaspoon olive oil, 1/4 teaspoon salt and 1/8 teaspoon pepper.



2 Cook Salmon

Pat salmon dry with paper towels. Season salmon all over with 1/4 teaspoon salt and 1/8 teaspoon pepper. Place tomatoes and salmon, skin side down, on a foil-lined and greased sheet pan. Roast 10 to 12 minutes or until internal temperature of salmon reaches 145°F on instant read meat thermometer and salmon flesh is firm and flakes easily with a fork.



3 Make Yogurt Sauce

Cut lemon in half. Using tines of fork, juice lemon halves into small bowl; remove seeds. In another small bowl, combine yogurt with tarragon and 1/4 teaspoon salt. Add lemon juice to taste. Refrigerate until ready to use.



4 Make Polenta

Bring 2-1/2 cups water to boil in large saucepan. Add 1 teaspoon salt; gradually stream in instant polenta, whisking constantly. Reduce heat to low; cook until polenta thickens, stirring often, about 3 to 4 minutes. Add butter; stir until melted. Fold in grated Parmesan; keep warm.



Polenta will naturally firm up as it cools; stirring a little water or milk into the mixture will help it stay creamy. Keeping the heat low while cooking prevents the polenta from popping and sputtering.



5 It's Mealtime!

Add a scoop of polenta to 2 shallow bowls. Top each with salmon fillet and half the roasted tomatoes. Drizzle tarragon yogurt sauce over salmon.