



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Salmon with Basil Pesto

Serves 12 / Serving size: 1 fillet of salmon + 1 TBSP pesto

Ingredients:

12, 4-ounce wild-caught salmon fillets (skinless)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil

Basil Pesto:

2 cups fresh basil leaves
1/2 cup grated parmesan
1/2 cup extra-virgin olive oil
1/3 cup pine nuts
2-3 cloves garlic
Salt and pepper to taste



Directions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Line salmon fillets on baking sheet. Brush each fillets with olive oil, season with salt and pepper. Bake for 8-10 minutes or until salmon is cooked to an internal temperature of 145°F.
3. While salmon is baking, prepare pesto by combining all pesto ingredients in a blender or food processor and blend for 1-2 minutes.
4. Serve each salmon fillet with 1 TBSP of pesto.

Nutrition Tips:

1. Wild salmon is a great source of omega-3 fatty acids that support brain health and which may help both mood and anxiety.
2. Basil is a leafy green rich in various vitamins, minerals, and fiber to support immune and digestive health. One way to incorporate this ingredient more consistently is to make a large batch of pesto, divide it into smaller portions (using ice cube trays or small containers) and freeze it for use in future recipes.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.