

Salmon Oregano with Lemon Caper Dressing – Serves 2

2 each	Salmon – 6-7 oz. block fillets, boneless, skinless
2 tsp.	Oregano Seasoning Blend – recipe follows
½ cup	Lemon-Caper Dressing – recipe follows
2 each	Lemon Slice

Oregano Seasoning Blend – Yield ¼ Cup

2 Tbsp.	Oregano – dried, whole
1 tsp.	Garlic – dried, granulated
1 tsp.	Onion – dried, granulated
1 ½ tsp.	Salt
¾ tsp.	Pepper – black, fresh, ground
2 tsp.	Lemon Zest – dried
¼ tsp.	Crushed Red Chilies – dried

OREGANO SEASONING BLEND PROCEDURE:

1. Place ingredients in a food processor or spice grinder, blend ingredients together well.
2. Hold in a dry sealed container until needed.

Lemon-Caper Dressing – Yield ½ Cup

1 Tbsp.	Capers – chopped
2 Tbsp.	Capers – whole
1 Tbsp.	Red Onion – minced
1 Tbsp.	Lemon Juice – fresh
1 tsp.	Lemon Zest – fresh, minced
3 Tbsp. + 2 tsp.	Olive Oil – extra virgin

LEMON-CAPER DRESSING PROCEDURE:

1. Mix all ingredients together well. Hold refrigerated until needed.

COOKING PROCEDURE:

1. Pre-heat oven to 375°. Season each block with 1 tsp. of oregano seasoning blend, over the entire fillet. Place on the plank and place in the oven. Cook for 8-10 minutes. Remove from the oven and turn the fillet over. Return to the oven and cook for 8-12 minutes or until the salmon is 120° internal temperature.
2. Remove from the oven. Place the salmon fillets on a plate and top each with 2 Tbsp. of caper dressing, garnish with a lemon slice and fresh oregano sprig if available. Serve with Parmigiano risotto or a chilled garlic orzo pasta salad.