



Pan-seared salmon with tomato-caper relish

Serves 4.

1 large ripe tomato, diced

1 clove garlic, minced

Zest of 1 orange

1/2 tsp capers, chopped

6 black or Kalamata olives, roughly chopped (if using Kalamata, be sure to rinse them)

Pinch of sugar

2 Tbsp chopped flat leaf parsley

1 Tbsp balsamic vinegar

1-1/2 Tbsp extra-virgin olive oil, divided

Kosher salt and fresh black pepper, to taste

4 4-oz salmon filets

In a small bowl, mix together the tomato, garlic, orange zest, capers, olives, sugar, parsley, vinegar, 1/2 tablespoon of the oil, and a pinch of salt and pepper. Taste, adjust salt and pepper as needed, and set aside. Heat a grill pan or nonstick frying pan over medium-high heat. While the pan is heating, season the salmon with salt and pepper, and rub the remaining 1 tablespoon of oil over all of the filets. Place on the hot pan. Cook for 4 minutes on each side, or until the outside is lightly browned by the inside is still slightly translucent.

Remove fish from the pan, and serve topped with tomato-caper relish. Because this dish tastes good hot, cold, or at room temperature, it's a great picnic or buffet dish and can be made several hours ahead.