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Ready In: **35 mins**

Prep: **10 mins**

Servings: **4**

Sheet Pan Salmon with Tomatoes & Capers

★★★★★ 4.8 (5)

Lactose free Gluten free

SAVE

Saved by 40

Get The Meal

Ingredients

- 2 cloves Wegmans Organic Peeled Garlic, chopped
- 1/2 white onion, peeled, chopped (about 1/2 cup)
- 1/4 tsp red pepper flakes
- 1 container (pint) Wegmans Organic Grape Tomatoes
- 1/2 of a 3 oz jar Italian Classics Nonpareil Capers, drained
- 2 tsp Wegmans Garlic Herb Seasoning Shak'r, divided
- 1/4 bunch Wegmans Organic Italian Parsley, chopped (about 1/4 cup)
- 2 Tbsp Wegmans Organic Extra Virgin Olive Oil
- 4 (6 oz each) Wegmans Fresh Skinless Atlantic Salmon Portions
- 4 slices lemon

Nutrition Information

Nutrition Information is per serving

Protein	49.g
Added Sugar	0.g
Fiber	2.g
Carbohydrate	10.g
Sodium	1000.mg
Cholesterol	150.mg
Saturated Fat	5.g
Fat	29.g
Calories	520.



Wegmans Ready Salmon with Tomatoes & Capers

Price
\$13.00 / ea (\$1.18 / 11 oz)

★★★★★ (2)

Seafood

Ingredients (10)

Wegmans Organic Peeled Garlic
\$4.49 / ea (\$0.75/oz)

Wegmans Italian Classics Capers, Nonpareil
\$2.29 / ea (\$0.76/fl oz)

Wegmans Organic Grape Tomatoes
\$3.99 / ea (\$3.99/pt)

McCormick® Red Pepper, Crushed
\$2.99 / ea (\$1.99/oz)



Wegmans Fresh Skinless Atlantic Salmon Portion
\$6.99 / ea (\$1.17/oz)



White Onions
\$1.72 / ea (\$2.29/lb)



Organic Italian Parsley
\$1.79 / ea (\$1.79/each)



Wegmans Garlic Herb Seasoning Shak'r
\$3.99 / ea (\$1.00/oz)



Wegmans Italian Classics Organic Extra Virgin Olive Oil
\$7.99 / ea (\$0.47/fl oz)



Lemons
\$0.89 / ea (\$0.89/each)



Directions

[VIEW STEP BY STEP](#)

1. Preheat oven to 400 degrees. Place garlic, onion, red pepper flakes, tomatoes, capers, 1 tsp garlic herb seasoning and parsley in middle of parchment paper-lined rimmed baking sheet; drizzle with oil. Toss to coat.
2. Season both sides of each salmon with 1/4 tsp garlic herb seasoning. Arrange salmon in center of baking sheet. Spoon vegetable mixture over top of salmon. Garnish with lemon slices.
3. Roast 20-25 min until internal temp of salmon reaches 130 degrees (check by inserting thermometer halfway into thickest part of salmon). Let rest 2 min; serve.

Reviews

★★★★★ 4.8 (5)

* Required

Enter Star Rating



[Add Review](#)

5 ★	4
4 ★	1
3 ★	0
2 ★	0
1 ★	0

1-5 of 5 Reviews

Sort By Highest Rated



Reviews: 1

★★★★★ 6 months ago

Valerie

Reviews: 1

★★★★★ 7 months ago

Keeper

Had this for dinner tonight.Simple.Healthy.Delicious!

Craig

Reviews: 18

★★★★★ 7 months ago

Reviews: 1

★★★★★ 7 months ago

Great looking recipe

This looks great and it is clearly stated that the fourth ingredient is grape tomatoes and how much to use. It looks like a great combination of flavors.

Ramel

Reviews: 1

★★★★☆ 7 months ago

Etrohs

I loved it! In the words of another reviewer, it's simple, healthy and delicious!

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