

Salmon With Salsa Verde

Yield: 4 servings

Ingredients

For the Salsa Verde

1 tablespoon capers; drained
 1 clove garlic; peeled, minced
 ¼ teaspoon kosher salt
 1 tablespoon dijon mustard
 1 tablespoon olive oil
 3 tablespoons red wine vinegar
 ½ cup parsley; finely chopped
 ½ cup mint leaves; finely
 chopped
 ¼ teaspoon ground black pepper

For the Salmon

2 tablespoons olive oil
 ¼ teaspoon kosher salt 1 pound
 salmon filets; 4 ounce filets
 ¼ teaspoon ground black pepper

Instructions

For the Salsa Verde:

1. Place the capers and garlic on a cutting board and chop them together into a fine paste.
2. Place the paste into a mixing bowl with the remaining ingredients and whisk thoroughly.
3. Keep cool and ready for use.

For the Salmon:

1. Cover the bottom of a sauté pan with olive oil and heat over medium flame.
2. Add the salmon and cook for about 5 minutes on each side.
3. You want the salmon slightly pink in the middle. Cook until salmon has reached 145 degrees internal temperature. Serve with a tablespoon of the salsa verde on top. Enjoy!

Nutrition Information

Serving Size: 115g

Calories: 199
 Total Fat: 12.6 g
 Saturated Fat: 2.1 g
 Monounsaturated Fat: 7.9 g
 Polyunsaturated fat: 2.5 g
 Sodium: 306.5 mg
 Total Carbohydrate: 0.7 g
 Dietary Fiber: 0.3 g
 Sugars: 0.1 g
 Protein: 18.7 g

Source: Health Meets Food



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Presented by
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X21922 FY18.11189.X-7 © Spectrum Health 08.2018