



Recipes

Salmon with Sun-Dried Tomato Cream Sauce

Total Time: 20 minutes

Yield: 4 servings

Ingredients

- 1 1/4 lb salmon
- 1/2 tsp salt, divided
- 1/2 tsp ground pepper, divided
- 1/2 cup slivered oil-packed sun-dried tomatoes, plus 1 tbsp oil from the jar
- 1/2 cup finely chopped shallots
- 1/3 cup dry white wine
- 1/3 cup low-sodium vegetable broth
- 1/3 cup heavy cream
- 2 tbsp chopped fresh parsley
- 2 cups cooked brown rice

Directions

- Arrange rack in upper third of oven. Preheat broiler to high. Line a baking sheet with foil.
- Place salmon on the prepared baking sheet, skin-side down. Sprinkle with 1/4 tsp each salt and pepper. Broil, rotating the pan from front to back once, until salmon is opaque in the center, 8 to 12 minutes. Cut into 4 portions.
- Meanwhile, heat sun-dried tomato oil in a large skillet over medium heat. Add sun-dried tomatoes and shallots; cook, stirring, for 1 minute. Increase heat to high and add wine and broth. Cook until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium low and stir in cream and the remaining 1/4 tsp each salt and pepper; simmer 2 minutes.
- Serve the salmon topped with the sauce and parsley and with rice on the side.

Nutrition

440 calories; total fat 18g; saturated fat 6g; cholesterol 100mg; sodium 396mg; total carbohydrate 32g; dietary fiber 2g; total sugars 2g; protein 32g