

Tuscan Salmon

Ingredients

- 3 salmon fillets
- 2 teaspoons olive oil
- 2 tablespoons butter
- 5 cloves garlic, finely diced
- 1 small yellow onion, diced
- 1/3 cup vegetable broth
- 5 ounces jarred sun-dried tomato in oil, drained or fresh grape tomatoes
- 1 3/4 cups heavy cream
- Salt and pepper, to taste
- 3 cups baby spinach leaves
- 1/2 cup grated Parmesan
- 1 tablespoon fresh parsley, chopped

Directions

Step 1: Heat the oil in a large skillet over medium-high heat. Season the salmon filets on both sides with salt and pepper, and sear in the hot pan, flesh-side down first, for 5 minutes on each side, or until cooked to your liking. Once salmon filets are cooked, remove them from the pan and set them aside.

Step 2: In the same pan, melt the butter in the remaining cooking juices. Add in the garlic and fry until fragrant (about one minute). Add onion and stir fry until translucent. Add the sun-dried tomatoes and fry for 1-2 minutes so they release their flavors. Finally, pour in the vegetable broth, and allow the sauce to reduce down slightly.

Step 3: Reduce heat to low, add the heavy cream, and bring to a gentle simmer while stirring occasionally. Season the cream sauce with salt and pepper to your taste.

Step 4: Add in the baby spinach and allow to wilt in the sauce, and add in the parmesan cheese. Allow cream sauce to simmer for another minute until cheese melts through.

Step 5: Add the grilled salmon filets back into the pan; sprinkle with the parsley, and spoon the sauce over each filet.