



Pan-Roasted Salmon and Tomatoes

A truly healthy and delicious dish... Salmon is high in omega 3-fatty acids which can assist in raising HDL (good) cholesterol and lowering triglyceride levels.

*“Let food be thy medicine and medicine be thy food”
-Hippocrates*

Ingredients:

- 1 1/2 pounds salmon steaks, about 3/4-inch thick
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- Freshly ground black pepper
- 2 (14 1/2-ounce) cans diced tomatoes
- 2 garlic cloves, minced
- 2 tablespoons chopped fresh basil

Directions:

Dredge fish in flour. Meanwhile, heat oil in a large skillet over medium heat until it shimmers. Add fish and brown about 3 minutes on each side. Carefully lift fish out of skillet and set aside on a platter; sprinkle with salt and pepper.

Add tomatoes and garlic to skillet and bring to a boil over high heat. Cook 3 minutes. Reduce heat to low and return fish to pan. Cover and cook 5 minutes or until fish flakes when tested with a fork or tip of a knife. Remove fish to a platter and cover loosely with foil to keep warm. With remaining sauce, increase heat to high, add basil, and reduce sauce, stirring frequently, until thickened, about 3 minutes. Serve sauce over top of fish.

Serves 6.

NOTE: Also works with halibut, sea bass or tuna steaks

Nutrition Facts Per Serving:

Calories	290	Saturated Fat	3 gm	Carbohydrate	8 gm
Fat	17 gm	Sodium	280 mg	Fiber	1 gm

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