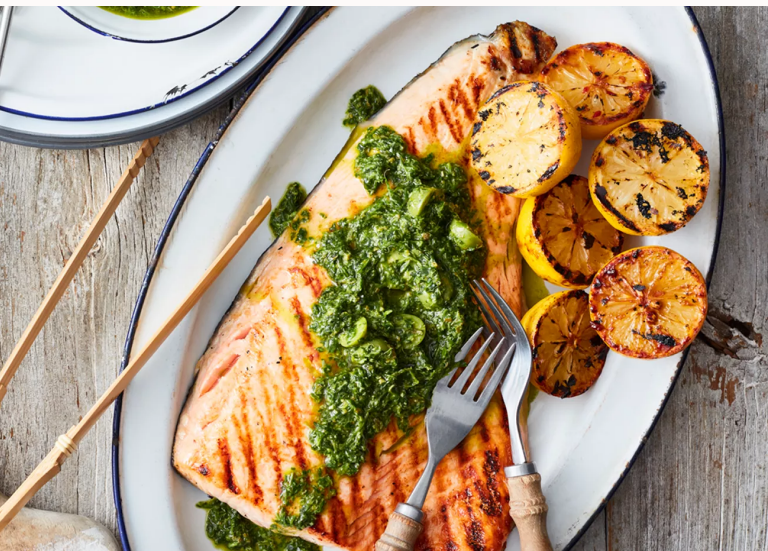


Salmon with Salsa Verde



INGREDIENTS FOR SALMON

- 4 salmon fillets (4 oz each), skinned
- 1 Tbsp extra virgin olive oil
- 1 tsp black pepper
- Lemon slices, for garnish
- Steamed asparagus spears (optional)
- Fresh parsley sprigs, for garnish

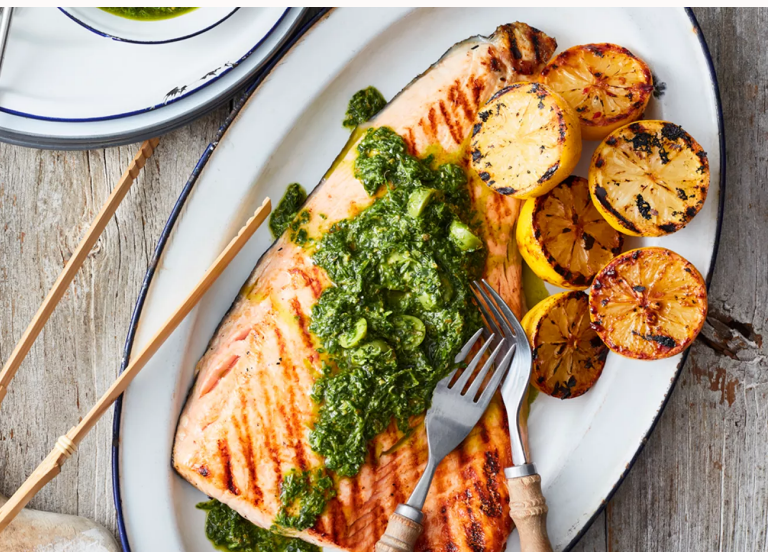
RECIPE YIELDS 4 SERVINGS

30 MINUTES COOKING TIME



See Page #2 for Directions

Salmon with Salsa Verde

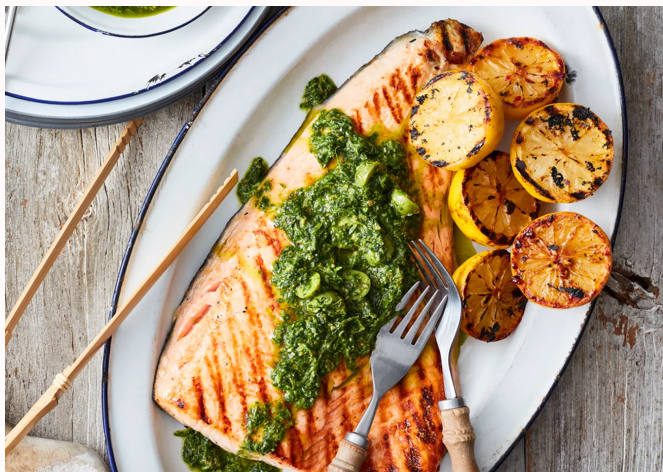


INGREDIENTS FOR SALSA VERDE

- 1/4 cup chopped flat-leaf parsley
- 1/4 cup blanched basil or dill
- 2 Tbsp celery leaves
- 1 small jalapeño pepper, seeded and chopped
- 2 tsp chopped shallots
- 2 tsp capers
- 1/2 tsp chopped anchovies
- Crushed red pepper flakes to taste
- 1/8 tsp salt
- Black pepper to taste
- 1/4 cup extra virgin olive oil

See Page #3
for Directions

Salmon with Salsa Verde



DIRECTIONS

- In a blender, combine all the salsa verde ingredients and purée until smooth.
- **Salmon:** Lightly coat a grill rack or grill pan with nonstick cooking spray and heat grill to medium high heat. Rub salmon with oil and pepper and grill fillets face down for 3 to 4 minutes on each side.
- On each plate, drizzle $\frac{1}{4}$ of the salsa verde. Top the salsa verde with lemon slices, if using. Arrange salmon on top of lemon slices and top with steamed asparagus spears and parsley sprigs, if desired.

Serving Size: 1 salmon fillet (4 oz), 1 Tbsp sauce

Per serving: Calories: 187, Total Fat: 21g, Sat Fat: 1g, Cholesterol: 66mg

Sodium: 116mg, Total Carb: 1g, Fibers: 0g, and Proteins: 28g