

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Seared Salmon with Braised Broccoli

Ingredients

Makes: 4 servings **Active Time:** 40 minutes • **Total Time:** 40 minutes

- 1 1/4 pounds wild Alaskan salmon fillet, skinned and cut into 4 portions
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried, divided
- 1 teaspoon salt, divided
- 2 heads broccoli (1-1 1/2 pounds), trimmed
- 1 1/2 tablespoons extra-virgin olive oil, divided
- 1 small onion, diced
- 3 tablespoons raisins
- 2 tablespoons pine nuts
- 1/2 cup water



Preparation

Season the salmon with half the rosemary and 1/2 teaspoon salt at least 20 minutes and up to 1 hour before cooking. Cut the broccoli into florets with 2-inch-long stalks. Cut the florets in half lengthwise.

Heat 1 tablespoon of oil in a large wide saucepan over medium heat. Add onion and cook, stirring occasionally, until translucent (3 to 4 minutes). Add raisins, pine nuts and the remaining rosemary; toss to coat with oil. Cook, until the pine nuts are fragrant and beginning to brown (3 to 5 minutes). Add the broccoli, season with the remaining 1/2 teaspoon salt and toss to combine. Add water bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the water has almost evaporated (8 to 10 minutes).

Meanwhile, heat the remaining 1/2 tablespoon oil in a large nonstick skillet over medium-high heat. Add salmon, skinned-side up, and cook until golden brown (3 to 5 minutes). Turn the salmon over; remove the pan from the heat and let stand until just cooked through (3 to 5 minutes more). To serve, top with salmon and spoon raisins, pine nuts and any liquid remaining in the pan over the salmon.

Nutrition Per serving : 311 calories; 14 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 16 g carbohydrates; 0 g added sugars; 32 g protein; 5 g fiber; 699 mg sodium; 960 mg potassium.

