

Salmon Skillet

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1 Tbsp. olive oil
4 (4 ounce) salmon fillets
½ cup white onion, finely chopped
2 Tbsp. flour
1 tsp. dried thyme
2 cloves garlic, minced
1 cup cherry tomatoes, halved
½ cup dry white wine (or vegetable broth)
1 Tbsp. Dijon mustard
1 cup skim milk
1 tsp. lemon zest
1 tsp. black pepper
3-4 cups baby spinach

Cook salmon in air fryer – 400 for ~ 10 minutes or until fish flakes easily with a fork. Set aside.

Heat olive oil in skillet over medium heat. Add onion and garlic; cook until softened. Whisk in flour and dried thyme. Add tomatoes. Cook until fragrant. Remove skillet from heat; stir in wine and Dijon mustard. Return pan to low heat. Cook 5 minutes or until mixture starts to thicken, stirring occasionally.

Slowly stir in milk, lemon zest, salt and black pepper. Cook over low heat until mixture begins to thicken. Remove from heat; add spinach and stir until wilted. Return salmon fillets to pan and cook over low heat for 2 minutes or until salmon is heated through

233 Calories, 6 gm fat, 26 gm protein, 13 gm carbohydrate, 3 gm fiber, 279 mg sodium

The Mediterranean Diet recommends at least 2 fish meals per week. Here is a delicious salmon recipe. You can serve this with a nice green salad and a side of quinoa or whole wheat pasta.