

ALASKA SALMON WITH ORANGE AND WATERCRESS



prep time: 10 cook time: 15 servings: 2

INGREDIENTS

Olive oil
2 Alaska Salmon steaks or fillets (4 to 6 oz. each)
Watercress, roughly chopped
3 Tablespoons cucumber, finely chopped
1 Orange, peeled and segmented (membrane removed)
Wine vinegar
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 450°F.

Heat an ovenproof pan over medium-high heat. Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Brush both sides of fish with olive oil and place in heated pan. Cook, uncovered, about 4 minutes, until browned.

Turn salmon over and sear the other side, about 2 minutes. Transfer skillet to the oven and roast an additional 6 to 9 minutes for frozen salmon or 2 to 5 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Meanwhile, in a medium bowl combine watercress, cucumber and orange segments. Season with a few drops of wine vinegar, salt and pepper.

Top salmon with salad to serve.

Nutrients per serving: 269 calories, 12g total fat, 2g saturated fat, 39% calories from fat, 84mg cholesterol, 30g protein, 8g carbohydrate, 2g fiber, 88mg sodium, 49mg calcium and 940mg omega-3 fatty acids.

Photo by Steve Lee



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