

BRONZED ALASKA SALMON IN A BUTTER WINE SAUCE



DIRECTIONS

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and sprinkle with seafood seasoning. Cover pan tightly and reduce heat to medium. Cook for 2 minutes; add the wine and butter to pan. Continue to cook, uncovered, an additional 4 to 6 minutes for frozen salmon OR 1 to 2 minutes for fresh/thawed fish. Cook just until fish is opaque throughout and sauce is reduced. Drizzle sauce over salmon when serving.

Nutrients per serving: 235 calories, 11.5g total fat, 3g saturated fat, 46% calories from fat, 113mg cholesterol, 29g protein, .1g carbohydrate, 0g fiber, 1034mg sodium, 18mg calcium and 1g omega-3 fatty acids.

prep time: 5 cook time: 10 servings: 4

INGREDIENTS

4 Alaska Salmon steaks or fillets (4 to 6 oz. each)
1 Tablespoon olive, canola, peanut or grapeseed oil
2 Tablespoons of your favorite seafood seasoning
¼ cup white wine or chicken broth
1 Tablespoon butter



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