

Salmon in Sundried Tomato Cream Sauce

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Adapted from eatwell 101

Blue – 2

Purple – 2

Green – 10

- 1 1/2 pounds salmon fillets
- 3 cloves garlic, minced
- 1/2 onion, minced
- 1/2-1 cup sundried tomatoes
- 4 tsp olive oil, divided
- 1/4 tsp paprika
- 1 cup fat free half and half
- 1 Tbsp dried basil
- 1/4 tsp crushed red pepper flakes
- 1/2 cup vegetable stock
- salt and pepper to taste

1. Season salmon fillets with salt and pepper. In a large non stick pan on medium heat, sear salmon fillets in 1 tsp of olive oil – about 2-3 minutes on each side. Remove salmon and set aside.

2. In the same skillet, add the remaining 3 tsp of olive oil, saute onion, garlic, sundried tomatoes, paprika, red chili pepper flakes and dried basil for 1 minute until garlic is fragrant
3. Add vegetable stock to deglaze the skillet and bring to a gentle simmer. Add half and half to the skillet and stir until a creamy sauce forms. Adjust seasoning with salt and pepper. If you want it thicker, make a cornstarch and water slurry and add it to simmering sauce until it is thickened to your liking.
4. Add salmon back to the skillet and reheat for a few minutes. Sprinkle with fresh basil and serve over pasta, rice or other grain.