

Tuscan Salmon in Parmesan Sauce

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Adapted from Vikalinka

Serves 4

319 calories with regular half and half/ 272 calories with fat free half and half

9 WW Points if made with regular half and half

7 WW Points if made with fat free half and half

- 1 tbsp butter
- 1 tbsp olive oil
- 4 (4oz) pieces salmon fillet
- salt and pepper
- 2 cloves garlic
- 3-4 sun-dried tomatoes packed in oil (sliced)
- 1/2 cup dry white wine
- 1 cup half and half
- 50 g Parmesan cheese (1/2 cup)
- 30 g cup fresh spinach (1 cup packed)

1. Pat the salmon dry with a paper towel all over to remove excess moisture. Season salmon with salt and pepper, heat the olive oil together with butter in a frying pan, then sear the salmon over medium high heat until golden

and the skin side is crispy, starting with the skin side up. This should take approximately 6-7 minutes. The salmon doesn't have to be cooked all the way through at this point. Remove the salmon to a plate until later.

2. To the same pan add the garlic and sliced sun-dried tomatoes, sauté for about 30 seconds over very low heat, then deglaze the pan with the white wine and let it simmer for about 5 minutes until the liquid is reduced by a half.
3. Add the half and half and grated Parmesan cheese, stir until the cheese is incorporated into the sauce, then add the spinach and bring the salmon back into the pan, let the sauce simmer over low heat for 5 minutes. Season the sauce with salt to taste.

Main Course

Fish

30 minute meal, salmon