

Lemon Salmon Piccata

Ingredients

- 1 1/2 Tbs all-purpose flour
- 1/4 tsp white pepper
- 1/4 tsp sea salt
- 1 pound wild salmon filet, skinless, preferably sockeye
- 2 Tbs olive oil
- 1/3 cup dry white wine such as Sauvignon Blanc
- 1/3 cup low sodium vegetable broth or clam juice
- 1/4 cup lemon juice
- 3 Tbs butter, unsalted
- 1/4 cup capers, drained and rinsed
- 1/4 cup Italian parsley, roughly chopped
- Salt and pepper to taste

Serves 4



Amber Phillips, MS, RD
Registered Dietitian



Like chickpeas, cannellini beans easily mash into a high protein versatile spread. This creamy and crunchy toast is full of fiber and heart healthy fats making a perfect choice for breakfast, lunch, or an afternoon snack.

Instructions:

1. Mix flour, pepper, and salt on a plate.
2. Using a sharp knife, slice salmon on the bias into four thin slices.
3. Dredge salmon in the flour mixture. You don't want a heavy coat, just a nice light dusting.
4. Heat oil in large sauté pan over medium heat, add salmon. Cook for 3 minutes until golden. Carefully flip and brown for three minutes on the other side. Set salmon aside on a plate.
6. Add wine to the pan, stir to scrape up the browned bits. Add lemon juice and broth, increase heat to boil down sauce so it thickens slightly.
7. Reduce heat to low, add butter, capers, and lemon juice. Stir until butter melts forming a creamy sauce.
8. Add salmon back to pan to warm and coat with sauce.

Original Recipe by Michael Hannah