

Salmon with Fresh Vegetables



Makes:

4 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
11" Large Skillet with Cover
small mixing bowl
medium mixing bowl
large mixing bowl

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Recipe:

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Marinade

1 tablespoon
olive oil
(15
mL)
3 tablespoons
balsamic vinegar
(45
mL)
3 tablespoons
rice wine vinegar
(45
mL)
1 tablespoon
Dijon mustard
(16
g)
2 cloves garlic, shredded, use Cone #1
¼ teaspoon
hot red pepper flakes
(.5
g)
½ teaspoon
salt, optional
(3
g)

Entrée

4
cups broccoli florets, approximately 12 ounces (284 g) 1
cup Roma tomatoes, (180 g) ⅓
diced 4
cup red onion, strung, use Cone (53 g) 1
#2 2
salmon fillets, approximately 4 ounces each (113 g each)
tablespoon capers (9 g) **Directions:**

tablespoons fresh dill, finely chopped (7 g) In small bowl, whisk together all marinade ingredients. Remove ¼ cup marinade and reserve for brushing on salmon. Set aside.

2. Preheat sauce pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, rinse broccoli, do not dry, place in pan and cover. When Vapo-Valve™ clicks, reduce heat to low and cook 6 - 7 minutes until crisp-tender. Remove from pan to large shallow bowl and keep warm.
3. In same sauce pan over medium heat, combine tomatoes and onion. Gently stir in marinade. Cook just until vegetables are heated through. Spoon marinade and vegetables over broccoli. Keep warm.
4. Preheat skillet over medium heat. When several drops of water are sprinkled on pan skitter and dissipate, brush skin-side of fillets with reserve marinade and arrange in hot skillet.
5. Generously brush tops with remaining marinade. Cover and cook until Vapo-Valve™ clicks. Reduce heat to low and cook 7 - 8 minutes. Arrange fillets skin-side down on top of marinated vegetables. Sprinkle with capers and dill. Serve immediately.

Nutritional Information per

▼ Serving

Calories: 360
Total Fat: 18g
Saturated Fat: 3g
Cholesterol: 71mg
Sodium: 142mg
Total 22g
Carbs:
Dietary Fiber: 1g
Sugar: 16g
Protein: 28g