

Salmon Fillets with Aromatic Lentils



Makes:

4 servings

Utensil:

Saladmaster Food Processor
10" Electric Oil Core Skillet

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Recipe:

Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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¼ cup
onions, strung, use Cone #2
(40
g)
2 cloves
garlic, shredded, use Cone #1
2 ½ cups
water
(600
mL)
2 teaspoons
chicken seasoning
(10
mL)
½ teaspoon
dried thyme
(2.5
mL)
¼ teaspoon
ground cloves
(1.25
mL)
1 bay leaf
1 cup
green lentils
(190
g)
salt and pepper, to taste
2 medium
carrots, waffled, use Cone #5
1 small
turnip, peeled and processed, use Cone #3
4 ounces
salmon fillets, skinned
(113
g)
fresh parsley, chopped, optional

fresh lemon wedges, optional

Directions:

1. Preheat electric skillet to 325°F/165°C.
2. Add onions and garlic. Sauté 2-3 minutes.
3. Add water, chicken seasoning, thyme, ground cloves, bay leaf, lentils, salt and pepper and cover. When Vapo-Valve™ clicks, reduce temperature to 170°F/77°C and cook an additional 25 minutes.
4. Add carrots and turnips. Cover and increase temperature to 325°F/165°C. When Vapo-Valve™ clicks, reduce temperature to 170°F/77°C. Cook an additional 10-12 minutes. Carrots, turnips and lentils should be firm-crisp.
5. Top lentils and vegetables with salmon fillets. Cover and cook at 325°F/165°C.
6. When Vapo-Valve™ clicks, reduce temperature to 170°F/77°C. Cook an additional 10 minutes, or until salmon flakes and appears slightly opaque.
7. Serve each portion of salmon on a bed of the lentils and vegetables. Garnish with fresh parsley and lemon wedges.

Tips:

- For a more colorful presentation, mix color varieties of lentils together.
- This recipe also works well with other finfish such as halibut, snapper and cod.

Nutritional Information per

▼ Serving

Calories: 333
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 61mg
Sodium: 192mg
Total 35g
Carbs:
Dietary Fiber: 16g
Sugar: 3g
Protein: 37g