

Salmon with White Beans



Makes:

4 servings

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet

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Recipe:

Contributed By:

Chef Sergio Corbia
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Recipe Description:

Looking for a new dish to try for dinner? **Watch** Chef Sergio prepare this delectable salmon recipe.

15 ounces
cannellini beans, rinsed and drained
(425 g)
½ tablespoon
fresh rosemary, chopped
(1 g)
1 tablespoon
lemon zest, shredded, use Cone #1, plus slices for garnish
(6 g)
½ cup
chicken broth
(120 mL)
2 6-ounce (170g)
salmon fillets, skinless (3 ounces/85 g per serving)
salt and pepper to taste
½ cup
fresh parsley, chopped

(30
g)

Directions:

1. Preheat skillet on medium heat. When several drops of water sprinkled on skillet skitter and dissipate, reduce heat to medium-low and add beans, rosemary and zest. Sauté until fragrant, approximately 1 minute.
2. Add broth and salmon to skillet; salt and pepper to taste. Cover with 11" Large Skillet cover and cook until salmon is opaque, approximately 10 minutes.
3. Cut fillets in half and plate the salmon and bean mixture, placing beans on the bottom and the fillet on top of the beans. Sprinkle with parsley and garnish with lemon slices.

Nutritional Information per

▼ Serving

Calories: 539
Total Fat: 12g
Saturated Fat: 2g
Cholesterol: 54mg
Sodium: 82mg
Total 65g
Carbs:
Dietary Fiber: 17g
Sugar: 0g
Protein: 44g