

## Salmon with White Beans



### Makes:

4 servings

### Utensil:

Saladmaster Food Processor

10" Chef's Gourmet Skillet

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### 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)  
1/2

tablespoon

fresh rosemary, chopped

(1

g)

1

tablespoon

lemon zest, shredded, use Cone #1, plus slices for garnish

(6

g)

<sup>1</sup>/<sub>2</sub>

cup

chicken broth

(120

mL)

2

6-ounce (170g)

salmon fillets, skinless (3 ounces/85 g per serving)

salt and pepper to taste

<sup>1</sup>/<sub>2</sub>

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 Carbs:**

65g

**Dietary Fiber:**

17g

**Sugar:**

0g

**Protein:**

44g