



Sautéed Chard and Salmon

A quick, easy and delicious dinner featuring nutrient dense greens and heart healthy omega 3s.

1 pound wild salmon fillets, skinned

Freshly ground black pepper to taste

Juice from 1/2 lemon

1-2 tsp of tamari or reduced sodium soy sauce

1 tsp toasted dark sesame oil

1 pound organic Swiss chard (2 large bunches)

1 medium onion, sliced into crescents

4 tsp extra virgin oil olive

3 garlic cloves

Sea salt to taste

Red radishes cut into thin slices for garnish - optional

Cut salmon fillet into 6 pieces. Season to taste with pepper - Drizzle with juice of lemon, tamari sauce and sesame oil. Turn pieces over to coat all surfaces. Set aside while preparing greens.

Wash the chard and strip the leaves from the stalk. Slice stalks crosswise into 2-inch strips (quarter inch width). Set aside. Chop leaves coarsely, set aside separate from chopped stalks.

In a large skillet, heat 2 teaspoon of olive oil over medium heat. Add onions and sauté approximately 5 minutes, until soft and translucent. Add garlic and cook one more minute.

Stir in chard stems and 2 to 3 tablespoons water. Cover and cook 2 minutes. Add greens, cover, and cook for 3 additional minutes stirring frequently. When ready greens should be tender and still bright green. Salt to taste. Remove to platter.

In a skillet, heat the remaining 2 teaspoons of olive oil over medium high heat. Add the salmon pieces in a single layer and cook for 1 to 2 minutes a side; do not overcook. Pour any extra juices from the plate onto the salmon. When salmon is done, place on top of greens and serve immediately. Garnish with radish.

You can also bake your salmon in preheated oven at 400 degrees for 20 minutes.

Compliments of Johnna Albi and Catherine Walthers