



## CREAMY GARLIC BUTTER TUSCAN SALMON

Creamy Garlic Butter Tuscan Salmon is a restaurant-quality pan-seared salmon recipe in a delicious creamy sauce! Filled with garlic, sun-dried tomatoes, spinach, and parmesan cheese.

Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 mins

Recipe yields 4 Yellow Plate Servings

Calories: 403 kcal 15g F, 33g C, 34g P / Recommended 11g F, 45g C, 35g P (fat calories account for differential to meal plan)

Yellow Plate: 1500 calorie meal plan according to the Fit Farm at Rock Springs nutrition program. Dinner represents 400 calories of the daily plan.

Red Plate Option: Calories: 326 kcal. Reduce Salmon 3 oz. fillet, ½ C of Broccoli. 1250 calorie meal plan with dinner representing 315 calories of the daily plan. (fat calories account for differential.)

### INGREDIENTS

#### Salmon

- 4 - 4 oz Salmon fillets, skin off (or Trout or any white fish)
- Salt & Pepper (to taste)
- Olive oil spray

#### Creamy Sauce

- 1 tbs Butter
- 8 cloves Garlic, finely diced
- 1 small Yellow onion, diced
- 1/3 c Dry white wine (not sweet) - OPTIONAL
- 2 oz Sundried tomato strips in oil, drained
- 1 3/4 c Low-fat half & half \*\*
- Salt & Pepper (to taste)
- 3 c Baby spinach leaves
- 1/4 c Parmesan cheese, fresh, grated
- 1 tbs Cornstarch slurry
- 1 tbs Parsley, fresh and chopped
- 8 c Broccoli

### INSTRUCTIONS

#### Salmon

- Heat the oil in a large skillet over medium-high heat.
- Season the salmon filets (or fish if using) on both sides with salt and pepper.
- Sear in the hot pan, flesh-side down first, for 5 minutes on each side, or until cooked to your liking. Once cooked, remove from the pan and set aside.

#### Cream Sauce

- Melt the butter in the remaining juices leftover in the pan.
- Add in the garlic and fry until fragrant (about one minute).
- Fry the onion in the butter.
- Pour in the white wine (if using), and allow to reduce down slightly.
- Add the sun-dried tomatoes and fry for 1-2 minutes to release their flavors.
- Reduce to low heat.
- Add the low-fat half & half, and bring to a gentle simmer while stirring occasionally.
- Season with salt and pepper to your taste.
- Add in the spinach leaves and allow to wilt in the sauce.
- Add in the parmesan cheese. Allow sauce to simmer for another minute until cheese melts through the sauce. (For a thicker sauce, add the milk/cornstarch mixture to the center of the pan, and continue to simmer while quickly stirring the mixture until the sauce thickens.)

#### Cornstarch Slurry

- 1 tsp cornstarch + 1 tbs cold water combined

#### Notes

The recipe creates an abundance of sauce, you could easily use half the sauce and add a carb like couscous



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### MACROS BY INGREDIENT

Ingredient	Carbs	Protein	Fat	
<b>Salmon</b>				
4 - 4 oz	Salmon fillets, skin off (or Trout or any white fish)	0g	19g	2.5g
	Salt and pepper, to season	0	0	0
	olive oil spray	0	0	0
<b>Sauce</b>				
1 tbs	Butter	0	0	12g
8 cloves	Cloves garlic, finely diced	8g	1.5g	0g
1 small	Yellow onion, diced (2/3 Cup)	11g	1g	0g
2 oz	Sundried tomato strips in oil, drained	32g	8g	1.5g
1 ¾ c	Low-fat half & half **	26.6g	12.6g	19.6g
	Salt and pepper, to taste	0	0	0
3 c	Baby spinach leaves	3g	2g	0g
¼ c	Parmesan cheese, fresh grated	0g	22g	17g
1 tbs	Cornstarch slurry = 1 tsp cornstarch mixed with 1 tablespoons of water (optional)**	0	0	0
1 tbs	Parsley, fresh and chopped	0	0	0
8 c	Broccoli	48g	21g	0g

\*\* Alternate ingredient:

- Non-fat half & half to reduce fat calories. 0g F, 28g C, 7g P.
- Add 1/3 C dry white wine to enhance the flavor which will increase your carb calories