

Creamy Tomato & Basil Salmon



A quick and easy meal that supplies protein and healthy fats!

INGREDIENTS

- 1 ¼ pounds salmon fillet, cut into 4 portions
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 2 tablespoons olive oil, divided
- 1 medium zucchini, halved lengthwise and thinly sliced
- ½ cup chopped white onion
- ⅓ cup dry white wine
- 1 (15 ounce) can no-salt-added diced tomatoes
- 2 ounces cream cheese
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ cup chopped fresh basil

DIRECTIONS

STEP 1

Pat salmon dry and sprinkle with 1/8 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the salmon and cook until the underside is browned and releases easily from the pan, 3 to 4 minutes. Flip the salmon and continue to cook until opaque in the center, another 2 to 3 minutes. May be quicker or longer depending on thickness of salmon. Transfer to a plate.

STEP 2

In the same pan, add the remaining 1 tablespoon oil, zucchini and onion to the pan. Cook until starting to soften, about 3 minutes. Increase heat to medium-high and add wine. Cook until the liquid has mostly evaporated, about 2 minutes.

STEP 3

Add tomatoes, cream cheese, Italian seasoning, garlic powder and the remaining 1/8 teaspoon each salt and pepper. Bring to a simmer and cook, stirring, until the cream cheese is melted, 4 to 5 minutes. Return the salmon to the pan and turn to coat with the sauce. Serve topped with basil and enjoy!

NOTES

You may remove the skin off your salmon before cooking, but leaving it on does not affect the cooking process.

NUTRITION FACTS

Serving Size: 4 oz. salmon & 3/4 cup vegetables | 366 calories
Total servings: 4 Per Serving
Total carbohydrate 10g, dietary fiber 2g, total sugars 5g, protein 30g,
total fat 21g, saturated fat 5g, cholesterol 92mg, sodium 263mg



Wisconsin Athletic Club

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