

# Salmon Niçoise



Yield: 16 oz.

Serving size: 8 oz.

## Makes 2 servings

### Sauce Ingredients:

- 1/2 cup grape tomatoes, cut into quarters or eighths
- 2 tbsp. olives, sliced (about eight olives)
- 1 tsp. garlic, finely chopped
- 1 tbsp. olive oil
- 1/2 oz. white wine (optional)
- 1 tbsp. lemon juice
- 3-4 each basil leaves, chiffonade
- 1 tsp. anchovy paste (optional)
- Salt and pepper to taste

### Salmon Ingredients:

- 8 oz. salmon fillet, cut into two 4 oz. portions
- 1 tbsp. olive oil
- 4 oz. small new potatoes, blanched and cut in half
- 4 oz. green beans, blanched
- 1 tsp. dill, chopped
- Salt and pepper to taste

### Instructions:

1. Combine all ingredients for the sauce in a bowl and stir gently to combine. Season to taste with salt and fresh ground black pepper. Set aside.
2. Heat olive oil in a non-stick skillet over medium-high heat.
3. Add salmon portions to the hot oil flesh side down. Pan sear until the edges are noticeably brown, about 2-3 minutes.
4. Flip salmon portions and cook for an additional 2-3 minutes or until cooked through.
5. Remove fish and set aside in a warm location.
6. Reduce heat to medium-low and add the potatoes and green beans. Season with dill, salt and pepper. Cook until heated through, about 2-3 minutes.
7. Top the salmon fillets with sauce, and serve.

To view the cooking demonstration of this recipe performed by Jon Bastianelli, Regional Executive Chef, visit [StoryPoint.com/cookwithus](https://StoryPoint.com/cookwithus).

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Salmon Niçoise Nutrition Information

Nutrition Facts		Amount/serving	% Daily Value	Amount/Serving	% Daily Value	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Serving Size		Total Fat 31g	39%	Total Carbohydrate 21g	7%	
8.00 oz		Saturated Fat 10g	50%	Dietary Fiber 3g	14%	
Calories 450		Trans Fat 0g		Total Sugars 3g		
per serving		Cholesterol 65mg	22%	Protein 26g	53%	
		Sodium 450mg	20%			
		Vitamin D 12.45mcg 62%. Calcium 60.75mg 5%. Iron 1.6mg 9%. Potassium 739.75mcg 16%				

