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.

Salmon Niçoise Nutrition Information

Nutrition Facts
Serving Size
8.00 oz

Calories 450
per serving

Amount/serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat 31g	39%	Total Carbohydrate 21g	7%
Saturated Fat 10g	50%	Dietary Fiber 3g	14%
Trans Fat 0g		Total Sugars 3g	
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%

*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.