

Sizzling Salmon with Sautéed Greens

INGREDIENTS:

- 4 or 5 oz salmon Filet
- 1 bunch kale, spinach or swiss chard, ribs removed, leaves very thinly sliced
- 3 garlic cloves, chopped
- 3 tablespoons fresh lemon juice
- 3 tablespoons extra virgin olive oil
- Sea Salt
- Freshly ground pepper
- 3 tablespoons chopped toasted walnuts



DIRECTIONS:

1. Sprinkle the salmon all over with ½ teaspoon salt and some pepper. Set aside as you cook the greens.
2. Heat 1.5 tablespoon olive oil in a large skillet (cast iron is best) over medium-low heat. Add the chopped garlic and some pepper flakes if you like a bit more of a punch of flavor. Sautee for 2 minutes then add the chopped greens and cover for 2 to 8 minutes. Spinach only needs two minutes to wilt, Swiss chard and Kale need about 8. Check the pan often and stir up the greens. Add sea salt and pepper.
3. Remove the greens to a serving dish.
4. Using the same skillet heat 1.5 tablespoon olive oil over medium-low heat. Raise the heat to medium-high. Place the salmon skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over carefully and cook until it feels firm to the touch, about 3 minutes more.
5. Place the salmon over the greens, squeeze some fresh lemon over top as well as some toasted walnuts and enjoy every bite.

Option: May use baby greens in the clamshell