

SALMON WITH ORANGE AND FENNEL SALAD

Yield: 4 Servings



TOTAL TIME: 20 minutes

INGREDIENTS

- 2 navel oranges, peeled and segmented
- 2 Tbsp. orange juice
- 1 small bulb fennel, stalks removed, cored and sliced crosswise
- ¼ cup pitted green olives, halved
- 2 Tbsp. lemon juice
- 2 tsp. olive oil
- Salt and pepper to taste
- 4 skinless salmon fillets (4 oz. each)

PREPARATION

1. In a medium bowl, combine the orange segments and juice, fennel, olives, lemon juice, and 1 tsp. oil and gently toss. Season with salt and pepper to taste, set aside.
2. In a large, non-stick skillet, heat the remaining oil over medium heat. Carefully add the salmon fillets, flat side down. Cook until browned, about 3 min. Gently turn the salmon and cook until opaque throughout, about 1–3 min.
3. Serve salmon topped with the orange and fennel mixture.

NUTRITION

Per serving: Calories: 246; Fat: 10 g (1 g saturated fat); Cholesterol: 52 mg; Carbohydrates: 15 g; Fiber 3 g; Protein: 25 g; Sodium: 299 mg.

Recipe courtesy of MarthaStewart.com