

**Nancy's Tuscan Salmon Fillets**  
**Serves 6**

Serve this creamy, garlic Tuscan Salmon over a bed of rice, pasta, or your favorite steamed veggies! This recipe is equal parts simple and flavorful—the best combination.

**Ingredients:**

6 – 6 ounce salmon fillets  
2 teaspoons olive oil  
2 tablespoons butter  
5 cloves garlic, finely diced  
1 small yellow onion, diced  
8 ounces sun dried tomatoes in oil  
1/3 cup vegetable broth  
1 3/4 cups heavy cream  
Salt and pepper, to taste  
3 cups baby spinach leaves  
1/2 cup grated Parmesan cheese  
1 tablespoon fresh parsley, chopped

**Directions:**

1. Heat the oil in a large skillet or frying pan over medium-high heat. Season the salmon fillets on both sides with salt and pepper, then sear in the hot pan flesh-side down for 5 minutes then repeat on the other side, or until salmon is cooked to your liking. Remove fish from the pan and set aside. Do not clean pan.
2. In the same pan, melt the butter in the remaining cooking juices over medium heat. Add the garlic and sauté until fragrant (about one minute). Add onion and sauté until translucent. Add the sun-dried tomatoes and sauté for 1-2 minutes so they release their favors. Finally, pour in the vegetable broth, and allow the sauce to reduce down slightly.
3. Reduce heat to low, add the heavy cream, and bring to a low simmer, stirring often. Season the cream sauce with salt and pepper to taste.
4. Add baby spinach and allow to wilt in the sauce. Add Parmesan cheese and allow cream sauce to simmer for another minute until cheese melts.
5. Add the grilled salmon fillets back into the pan; sprinkle with the parsley and spoon the sauce over each fillet. Serve immediately and garnish with grated Parmesan cheese, if desired.



## Nancy's Tuscan Salmon Fillets

### Nutrition Facts

Serving size: 6 ounces

Servings: 6

Amount per serving

Calories	539
% Daily Value*	
<b>Total Fat</b> 37g	47%
Saturated Fat 15.4g	77%
<b>Cholesterol</b> 146mg	49%
<b>Sodium</b> 1384mg	60%
<b>Total Carbohydrate</b> 10.3g	4%
Dietary Fiber 3g	11%
Total Sugars 2.8g	
<b>Protein</b> 43.2g	
Vitamin D 21mcg	104%
Calcium 267mg	21%
Iron 3mg	14%
Potassium 779mg	17%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by [www.verywellfit.com](http://www.verywellfit.com)



[www.jewishsgpv.org](http://www.jewishsgpv.org)