
Pan Roasted Salmon with Champagne Caper Vinaigrette

Serves: 4

Prep Time: 25 minutes

Ingredients:

1/2 cup plus 2 Tablespoons olive oil
1/4 cup chopped shallots
1 Tablespoon minced garlic
3 Tablespoons champagne vinegar
1 to 2 Tablespoons lemon juice
1 Tablespoon Dijon mustard
2 Tablespoons drained capers
2 teaspoons chopped fresh tarragon
Salt and pepper
4 Alaska Salmon portions (6 oz. each, about 1-inch thick)
2 Tablespoons chopped Italian parsley

Directions:

1. Pour 1/2 cup olive oil into a 12-inch frying pan over medium-high heat; when hot, add shallots and garlic and stir often until limp but not brown, about 2 minutes. Scrape into a blender or food processor and add vinegar, lemon juice, and mustard; whirl until smooth. Pour mixture into a bowl or pitcher and stir in capers, tarragon, and salt and pepper to taste.

2. Preheat oven to 375°F. Rinse salmon portions and pat dry; sprinkle portions all over with salt and pepper. Heat remaining 2 tablespoons olive oil in same frying pan over medium-high heat. Add salmon, skin side up, and cook until browned on the bottom, about 3 minutes. Turn salmon over, then transfer pan to the oven. Bake just until fish is opaque throughout, about 5 to 7 minutes.

3. Transfer salmon to plates, drizzle with a little vinaigrette, and sprinkle with parsley. Serve remaining vinaigrette at the table to add to taste.

Nutrients per serving: 527 calories, 40g total fat, 6g saturated fat, 69% calories from fat, 126mg cholesterol, 35g protein, 5g carbohydrate, .3g fiber, 306mg sodium, 31mg calcium and 1.3g omega-3 fatty acids.

NOTES: Serve with roasted little red potatoes.

WINE PICK: Blanc de Noir Sparkling Wine

