



SALMON PICCATA

Makes 4 servings | Serving size: 1 fillet and ¼ of the sauce

PREP TIME

5 min

COOK TIME

20 min

TOTAL TIME

25 min

This is a one-skillet meal that can be whipped up in under 30 minutes. Full of healthy fats and high in protein, this dinner is not only delicious, but satisfying, as well.



Ingredients

- 4 (6-ounce) skinless salmon fillets
- Salt and pepper, to taste
- ¼ cup butter
- 4 garlic cloves, minced
- ⅓ cup white grape juice
- 1 teaspoon cornstarch
- 1 cup low-sodium chicken stock
- 2 large, fresh lemons, one juiced and zested
- ¼ cup capers, drained
- ¼ cup parsley, chopped

Directions

1. Sprinkle both sides of the salmon fillet with salt and pepper.
2. Melt the butter in a large, cast iron pan over medium-high heat.
3. Add the salmon and cook for 5 minutes on each side, or until the salmon flakes easily.
4. Remove the salmon and cover with tented tin foil.
5. Add the garlic and sauté for 1 minute, then add the white grape juice and bring to a boil, making sure to scrape any brown bits from the pan.
6. Boil down until most of the liquid evaporates.
7. Mix the cornstarch with the chicken stock.
8. Add the lemon juice and lemon zest. Cook to a boil until thickened.
9. Add the salmon back into the pan, then sprinkle with capers and parsley.
10. Serve immediately over rice, quinoa, or vegetables.