

One-Skillet Garlicky Salmon & Broccoli

Total Time: 20 minutes, Servings: 4

Ingredients:

- 2 Tablespoons olive oil
- 1 ¼ lbs salmon (other kinds of fish can be used as well, such as tilapia)
- 8 cloves garlic – or approx. 2.5 Tablespoons of minced garlic
- ¾ teaspoon salt
- ¼ teaspoon crushed red pepper
- 5 cups broccoli florets
- 2 red bell peppers (chopped)
- 1 tablespoon water
- 1 teaspoon grated orange zest
- 1 ½ tablespoon orange juice
- 1 tablespoon reduced sodium tamari (can also use soy sauce)
- 1 tablespoon thinly sliced scallions (green onions)



Source: EatingWell

Directions:

1. Heat 2 tablespoons oil in a large nonstick skillet with a lid over medium-high heat. Add salmon pieces and half of the garlic. Sprinkle with ½ teaspoon each salt and crushed red pepper.
2. Cook salmon, uncovered, stirring and turning occasionally, until the salmon is opaque on all sides and just cooked through, 4 to 5 minutes.
3. Transfer the salmon to a plate.
4. Without wiping the skillet clean, add 5 cups broccoli, the chopped bell peppers, 1 tablespoon water and the remaining garlic and ¼ teaspoon salt.
5. Cover and cook, stirring occasionally, until the vegetables are tender, 4 to 5 minutes. Stir in 1½ tablespoons orange juice and 1 tablespoon tamari (or soy sauce).
6. Gently fold in the cooked salmon and sprinkle with 1 teaspoon orange zest and 1 tablespoon scallions.

*Serve with a side of brown rice to include whole grain

Nutrition Information

Serving size: 1 ¼ cups

Calories 330, Fat 16g, Saturated Fat 3g, Cholesterol 75mg, Carbohydrates 12g, Total Sugars 5g, Added Sugars 0g, Protein 35g, Fiber 4g, Sodium 706mg (try low sodium ingredients, such as soy sauce, to reduce the amount of sodium in the recipe)