

Alaskan Salmon with Baby Potatoes and Sautéed Corn

Recipe courtesy Chef Jeff Henderson

Serves 4 to 6 people

Ingredients

4 to 6-6oz. skinless Alaskan salmon

4 cups fresh organic corn off the cob

2 cups of parboiled baby potatoes, cut into quarters

¼ cup red bell pepper, small diced

1 large shallot, finely diced

1 tablespoon of fresh garlic, finely minced

3 tablespoons of fresh flat leaf parsley, roughly chopped

1 tablespoons of fresh thyme, finely chopped

½ cup of extra virgin olive oil

Salt or salt substitute to taste

Freshly ground white pepper to taste

Method

Alaskan Salmon

- 1.) Rinse salmon and set aside. In a large bowl, add olive oil, garlic, thyme and 1 tablespoon of parsley. Whisk mixture with a fork until thoroughly incorporated. Add salmon and toss gently until salmon is evenly coated with mixture. Cover bowl with plastic wrap and place in refrigerator for 2 hours.
- 2.) In a medium skillet or non-stick pan, add 1 tablespoon of olive oil. Bring to medium heat.
- 3.) Season salmon on both sides with salt and pepper. Place in pan topside down. Let cook until golden brown about 2 to 3 minutes. Turn over salmon in pan and place in oven on 350 degrees. Let salmon bake 10 to 12 minutes or until desired doneness. Remove and set aside.

Sautéed Corn and Potatoes

- 1.) In a medium skillet or non-stick sauté pan, add 3 tablespoons of olive oil. Bring to medium heat.
- 2.) Add bell peppers, remaining parsley, garlic, shallots, corn and potatoes. Let cook for 6 to 8 minutes stirring occasionally until vegetables are tender and caramelized. Season with salt and white pepper to taste. Add parsley, set aside.
- 3.) On a dinner plate or medium bowl, spoon vegetable mixture in center, place salmon atop vegetables and serve.

Healthy Cooking Tips:

- Use minimum salt and oil
- Various meats and organic vegetables can be substituted in this recipe