



## Creamy Tuscan Salmon

Serve with pasta, roasted potatoes, mashed potatoes, rice, or cauliflower rice. Or just serve it on it's own with a big green salad!

### INGREDIENTS

2 tbsp olive oil	1 1/2 tsp salt for sauce
4 (4 oz) salmon fillets	1 tsp dried basil
1 tsp salt for salmon	1/4 tsp cayenne pepper
1/2 tsp black pepper	black pepper to taste
2 tbsp butter	1/2 cup parmesan cheese, shredded
6 cloves garlic, minced	3-4 oz spinach, chopped
18 oz cherry tomatoes	fresh basil, chopped
1/4 cup heavy cream	

### DIRECTIONS

- Begin by searing the salmon. Heat a 12 inch high-sided skillet over medium high heat. Meanwhile, pat each salmon fillet dry with paper towels. Sprinkle the top with salt and pepper.
- Add olive oil to the hot pan and swirl to coat. Place each fillet in the pan. (If your salmon has skin, place skin side down first.) Do not crowd the salmon. Let the salmon sear over medium high heat 1-3 minutes, depending on the thickness of the fillet. Once you have a nice brown sear, flip the salmon to cook the other side for about 30 seconds to 1 minute. Do not overcook. Remove to a plate and keep warm.
- Make the tuscan sauce. Over medium heat, add butter to whatever oil remains in the pan. Once melted, add garlic. Cook, stirring frequently, for about 1 minute until fragrant.
- Chop half of the cherry tomatoes, and leave the other half whole. Add to the pan and cook for 1 minute, or until some of the tomatoes are starting to split.
- Pour in heavy cream. Add salt, basil, cayenne pepper and black pepper. Let the cream mixture come to a light simmer, about 2-4 minutes. Add Parmesan cheese and spinach. Stir.
- Continue cooking over medium heat until the cream has thickened somewhat and the spinach has wilted. Add the basil. Return the salmon to the pan. Heat through if necessary.