

Balsamic Glazed Salmon

Serves 2

Great accompanied by brown rice, wheatberries or other whole grain

Ingredients:

1/3 cup good quality balsamic vinegar

1 Tablespoons sugar

1 Tablespoons flour

1/2 teaspoon salt

¼ teaspoon pepper

2 (4 oz.) portions of salmon fillet

grapeseed or olive oil

1 clove garlic crushed

¼ c. white onion, minced

2 cups chopped baby bok choy or other greens (dandelion, kale, chard)

1/2 cup grape tomatoes, halved

¼ teaspoon salt

2 Tablespoons crumbled feta cheese

Directions:

1. In a small heavy sauce pan, bring balsamic vinegar and sugar to a boil. Turn down to a bare simmer and cook uncovered until the vinegar is reduced by half. (should be thick enough to coat the back of a spoon)
2. Mix flour, salt and pepper in a shallow plate.
3. In a medium skillet, heat olive oil over medium-high heat. Lightly coat the flesh side of the salmon in the flour mixture. Dust off excess flour and place the fish flesh side down in the hot pan. Cook for 3 minutes on each side and transfer to a warm plate.
4. Turn the heat down to medium and add 1 teaspoon oil to the empty pan. Add the garlic and white onion. Sauté until onion is just starting to soften.
5. Add bok choy to the pan. Cook until slightly wilted. (If stalks are particularly thick, add ¼ c. water or stock to the pan, put a lid on the pan and steam for 1 – 2 minutes.)
6. Add the tomatoes and salt. Cook uncovered an additional minute.
7. Plate the bok choy mixture. Top with salmon. Drizzle with the reduced balsamic sauce. Sprinkle with feta cheese and serve.

Recipe courtesy of Christina Dimacali of Clean Your Plate Personal Chef Service, Philadelphia