## Lemon Salmon Piccata

## **Ingredients**

1 1/2 Tbs all-purpose flour

1/4 tsp white pepper

1/4 tsp sea salt

1 pound wild salmon filet, skinless, preferably sockeye

2 Tbs olive oil

1/3 cup dry white wine such as Sauvignon Blanc

1/3 cup low sodium vegetable broth or clam juice

1/4 cup lemon juice

3 Tbs butter, unsalted

1/4 cup capers, drained and rinsed

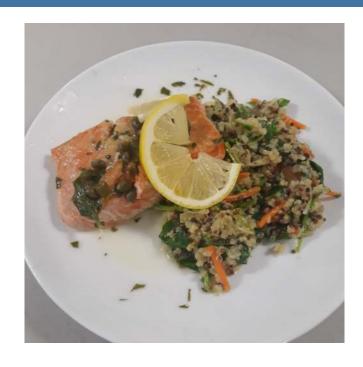
1/4 cup Italian parsley, roughly chopped

Salt and pepper to taste

## Serves 4



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Like chickpeas, cannellini beans easily mash into a high protein versatile spread. This creamy and crunchy toast is full of fiber and heart healthy fats making a perfect choice for breakfast, lunch, or an afternoon snack.

## **Instructions:**

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- 1. Mix flour, pepper, and salt on a plate.
- 2. Using a sharp knife, slice salmon on the bias into four thin slices.
- 3. Dredge salmon in the flour mixture. You don't want a heavy coat, just a nice light dusting.
- 4. Heat oil in large sauté pan over medium heat, add salmon. Cook for 3 minutes until golden. Carefully flip and brown for three minutes on the other side. Set salmon aside on a plate.
- 6. Add wine to the pan, stir to scrape up the browned bits. Add lemon juice and broth, increase heat to boil down sauce so it thickens slightly.
- 7. Reduce heat to low, add butter, capers, and lemon juice. Stir until butter melts forming a creamy sauce.
- 8. Add salmon back to pan to warm and coat with sauce.

