



Salmon Skillet with Sun-Dried Tomato Cream Sauce



Ingredients:

- 1 ½ pounds salmon fillets, with or without skin
- 3 large garlic cloves, minced
- ½ yellow onion, minced
- 1 small jar (3-4 oz) sun-dried tomatoes in oil, drained and sliced (reserve 2 TBLS of oil)
- ¼ teaspoon paprika
- 1 cup half and half (or heavy cream)
- 1 tablespoon dried basil (or Italian seasoning)
- ¼ teaspoon crushed red pepper flakes
- ½ cup vegetable stock
- Salt and fresh cracked pepper, to taste

Method:

1. Lightly season salmon fillets with salt and pepper. In a large non-stick pan on medium heat, sear salmon fillets in 2 tablespoons oil, 2 – 3 minutes on each side. Remove salmon from the pan and set aside.
2. In the same skillet, add 2 tablespoons oil reserved from the sun-dried tomatoes jar, sauté onion, garlic, sun-dried tomatoes, paprika, red chili pepper flakes and dried basil for 1 minute until garlic fragrant.
3. Add vegetable stock to deglaze the skillet and bring to a gentle simmer. Add half-and-half to the skillet and stir until a creamy sauce forms. Adjust seasoning with salt and pepper.
4. Add salmon back to the skillet and reheat for a few minutes. Sprinkle with fresh basil and serve over pasta, rice, or bulgur. Enjoy!