

Creamy Sun-Dried Tomato and Spinach Salmon Filets

4 Salmon Filets, without skin (approx. 5 oz each)
2 TBSP Olive Oil -divided
6 cloves of garlic, minced
1 yellow onion, diced
1/2 c sun-dried tomatoes (not in oil, the dried kind in a package) soaked in hot water for 30 min.
1 13.5 oz can of light coconut milk
1/3c + 2 TBSP of clam juice
3 cups of baby spinach
2 tsp arrowroot powder
1 TBSP fresh parsley
salt
pepper

1. Heat the 1 TBSP olive oil in a large skillet over medium-high heat. Season the salmon fillets on both sides with salt and pepper. Sear both sides for approx. 5 minutes per side or until cooked through. Set aside and keep warm
2. Heat the other TBSP of olive in the same pan and add garlic and fry until fragrant (about 1 minute). Add the onion and saute for approx. 5 minutes of until opaque. Add the sun-dried tomatoes and the 1/3 of clam juice and heat for 2 minutes.
3. Reduce the heat to low and add the can of coconut milk and allow to simmer gently. In a small bowl mix the 2 tsp of arrowroot powder with 2 TBSP of clam juice until arrowroot is completely dissolved. Add arrowroot to pan and simmer on low for approx. 5 minutes or until sauce begins to thicken.
4. Add the spinach leaves and allow to wilt, then add the salmon back to the pan to warm it up.

Serve over rice or spaghetti squash with vegetables.

Serve 4
Calories: 289
Fat 13.3 grams
Carbs- 11 g
Protein: 29.5 g