

Seared Salmon on Herbed Mashed Peas

from **CookingLight**

Give mashed potatoes a break by serving salmon on a bed of brightly seasoned pureed peas. You may need to thin the pea mixture; add one tablespoon of water at a time until you achieve the desired consistency.



1 teaspoon butter
1 cup thinly sliced leek
1/4 cup water
1 (10-ounce) package frozen green peas, thawed
1 tablespoon chopped fresh basil
2 tablespoons fresh lemon juice
2 teaspoons chopped fresh tarragon
1/2 teaspoon salt, divided
1/2 teaspoon black pepper, divided
4 (6-ounce) salmon fillets
Cooking spray
Lemon wedges (optional)

Heat butter in a medium nonstick skillet over medium heat. Add leek; cook 5 minutes or until tender, stirring occasionally. Add water and peas; cook 5 minutes or until peas are tender.

Place pea mixture in a food processor. Add basil, juice, and tarragon; process until smooth, adding more water if necessary. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper; keep warm.

Sprinkle salmon with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon, skin side down, and cook for 6 minutes or until golden. Turn, and cook for 8 minutes or until fish flakes easily with a fork or until desired degree of doneness. Serve salmon over warm mashed peas. Garnish with lemon wedges, if desired.

Yield: 4 servings (serving size: 1 salmon fillet and about 1/2 cup mashed peas)

CALORIES 393 (46% from fat); FAT 19.9g (sat 4.4g,mono 7g,poly 6.9g); IRON 2.2mg;
CHOLESTEROL 103mg; CALCIUM 54mg; CARBOHYDRATE 13.8g; SODIUM 482mg; PROTEIN
38g; FIBER 3.5g

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