Salmon Fillets with Puy Lentils\*  
Lentils are one of Dr. Perricone’s favorite foods to support healthy weight loss.  
serves 4

Ingredients  
1 1/2 cup puy lentils  
1 1/2 tbsp olive oil  
2 tbsp minced shallots or yellow onion  
to taste salt  
4 skin-on salmon fillets (4 to 6 oz each)  
to taste freshly ground black pepper  
1 cup arugula or mixed salad greens

Preparation  
1. Pick over the lentils, then rinse and drain them well.  
2. Heat 1 tablespoon of the oil in a saucepan over high heat. Add the shallots and lentils, and cook, stirring, until the shallots are translucent and the lentils glisten, about 2 minutes.  
3. Add 4 cups water and ½ teaspoon salt, and bring to a boil. Then reduce the heat to medium-low, cover, and simmer until the lentils are tender but firm and most of the water has been absorbed, 30 to 35 minutes.  
4. Meanwhile, place a rack in the upper third of the oven and preheat the oven to 500°F. Lightly grease a baking dish that is just large enough to hold the salmon in a single layer.  
5. Rub the salmon fillets on both sides with the remaining ½ tablespoon olive oil; season with salt and pepper. Place the fillets in the prepared baking dish and roast until the fish flakes easily with a fork and is still translucent only in the center, 13 to 15 minutes.  
6. When the lentils are done, remove the pan from the heat and drain well. Return the lentil mixture to the pan. Taste, and add salt if needed. Cover to keep warm.  
7. To serve, divide the lentils among 4 plates and top each bed of lentils with a salmon fillet. Garnish with arugula and serve at once.