

FAST & FRESH

WEEKNIGHT COOKING

Recipes in 30 minutes or less



POACHED SALMON with WHITE BEAN and RADISH SALAD

SERVES 4 / 20 MINUTES

The salmon takes almost no time to cook, so prep the radishes and rosemary before the fish goes in the pan. If your backyard rosemary is blooming, sprinkle on a few blossoms before serving.

| | |
|--|--|
| 1 tsp. fennel seeds, crushed | 1 can (15 oz.) cannellini beans, drained and rinsed |
| 4 skinned sockeye salmon fillets (6 oz. each) | 8 to 10 small red and/or French Breakfast radishes, very thinly sliced |
| 2 cups reduced-sodium chicken broth | 5 tbsp. olive oil, divided |
| 1/2 cup dry white wine, such as Pinot Grigio | 1 1/2 tbsp. white wine vinegar |
| 2 tsp. lemon juice | 1 tsp. minced garlic |
| 1 rosemary sprig plus 1 tsp. chopped fresh rosemary leaves | Salt and pepper |
| 1 bay leaf | Rosemary blossoms (optional) |
| 2 oz. baby spinach leaves (4 cups lightly packed) | |

1. Heat a wide, deep frying pan over medium-high heat. Add fennel seeds and toast until fragrant. Arrange salmon over toasted fennel and add broth, white wine, lemon juice, rosemary sprig, and bay leaf. Bring to a simmer, then cover and cook until salmon is no longer translucent but still moist in the center, 2 to 4 minutes total. (It will continue to cook as it sits.)
2. Meanwhile, in a medium bowl, toss spinach, beans, radishes, 1/4 cup oil, the vinegar, garlic, chopped rosemary, and salt and pepper to taste. Divide salad among 4 wide, shallow bowls. Gently lift salmon fillets from poaching liquid and place each on a salad.
3. Pour about 1/2 cup poaching liquid into each bowl. Drizzle salmon with remaining 1 tbsp. oil and sprinkle with rosemary blossoms, if using.

PER SERVING 546 Cal., 50% (273 Cal.) from fat; 47 g protein; 31 g fat (4.5 g sat.); 15 g carbo (5.3 g fiber); 294 mg sodium; 117 mg chol. GF/LS