

Bronzed Alaska Salmon In A Butter-Wine Sauce

Prep Time: 5 minutes

Cook Time: 12 minutes

Servings: 4

4 Alaska Salmon steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen

1 Tablespoon olive, canola, peanut or grapeseed oil

2 Tablespoons of your favorite seafood seasoning

1/4 cup white wine or chicken broth

1 Tablespoon butter

Directions:

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and sprinkle with seafood seasoning. Cover pan tightly and reduce heat to medium. Cook for 2 minutes; add the wine and butter to pan. Continue to cook, uncovered, an additional 4 to 6 minutes for frozen salmon OR 1 to 2 minutes for fresh/thawed fish. Cook just until fish is opaque throughout and sauce is reduced. Drizzle sauce over salmon when serving.

Nutrients per serving: 235 calories, 11.5g total fat, 3g saturated fat, 46% calories from fat, 113mg cholesterol, 29g protein, .1g carbohydrate, 0g fiber, 1034mg sodium, 18mg calcium and 1g omega-3 fatty acids