

**For Seafood Lovers! : Salmon with Vegetables & Boiled White Potato** ~ choose one side item to complete your meal

**Salmon with Vegetables**

4 servings

- 2 Tbsp Thyme, stems removed, leaves only
- 1 lb Tomatoes, chopped
- 1 cup Onions, chopped
- 1 cup Red Bell peppers, chopped
- 2 Tbsp Capers
- 1 tsp Garlic, minced
- ¼ cup Red wine vinegar
- 1/8 tsp Black pepper
- 1 lb Salmon fillets or steaks



Place all ingredients, except salmon, into a large skillet and heat to medium-high. Cover with a lid and cook 10 minutes. Rinse salmon with cool water and pat dry with a clean towel or cloth. Place fish on top of vegetables in the skillet and spoon some vegetables on top of fish. Cover skillet again and cook fish 8-10 minutes per one-inch thickness until it flakes easily with a fork. Serve fish topped with vegetables and pan juices.

**Fresh farmed salmon fillets on sale**  
**Fresh tomatoes on sale**

**Fresh onions on sale**  
**Fresh white potatoes on sale**

**Fish Recipe Nutrition per serving (farmed salmon)**

243 calories; 22 gm protein; 15 gm carbohydrate; 11 gm total fat; 2 gm saturated fat; 0 trans fat; 54 mg cholesterol; 4 gm fiber; 222 mg sodium

**To Make Boiled White Potato:** Wash potato in tap water. Cut in half if large. Place in saucepan and cover with water. Turn burner to high until water boils. Then, turn down heat and simmer. Cooking time varies depending on the size of potato. It is done when soft if poked with a fork.

**Side Items:**

**1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

**3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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