

Snap-Sautéed Salmon on a Bed of Chard Showered with Summer Squash, Onion and Tomato

Serves 4

4 (6 oz) salmon fillets

2 Tablespoons olive oil, divided

1 teaspoon Kosher salt, ½ t freshly ground pepper

1 tablespoon fresh Rosemary, minced (1 1/2 teaspoons dried, crumbled)

1/8 teaspoon Ground cayenne

2 bunches (about 6 large leaves) Swiss Chard, any color, chopped (greens only)

Freshly ground nutmeg, optional

1 medium onion, minced

2 small summer (yellow) squash, minced

2 cloves garlic, minced

1 large tomato, chopped coarsely

1. In large, deep skillet, heat 1 tablespoon of the olive oil over medium heat. Add salt, pepper, rosemary and ground cayenne. Sauté spices briefly. Add salmon to pan and cook 2-4 minutes on each side or until fish flakes easily and fish is cooked as done as you like it. (Leave it a tad underdone; it will go back in the pan to warm up in a few minutes.) Remove fish to plate. Set aside.

2. Add other tablespoon of olive oil to pan and heat again to medium heat. Add minced onion and squash. Sauté briefly 1-2 minutes. Add garlic and stir.

Toss in chard and season with salt, pepper and just a teensie of fresh nutmeg if you have it. Cook, stirring together, about five minutes until chard is nearly done, but still retains some crispness.

3. Add chopped tomato and stir briefly. Return salmon to pan as tomato warms.

4. Place vegetables on a serving platter and top with salmon fillets. Serve hot.

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