

ONE-PAN SALMON WITH ONIONS AND TOMATOES ON LEMONY GREENS (10 minute dinner)

serves 2

- 4 cups fresh greens of your choice (If you have a few basil leaves or chopped fresh parsley, add that, too.)
- 1 fresh lemon, cut in half
- 2 tablespoons olive oil, divided
- Kosher salt, pepper, and crushed red pepper (if desired)
- 2 4 – 6 ounce salmon fillets
- 1 large onion, sliced thinly
- 1 cup cherry tomatoes

Divide greens between two large, shallow serving bowls or plates. Squeeze half of the lemon over the greens and sprinkle with salt and pepper. Set aside while you cook the salmon.

Heat a 9 or 10-inch heavy skillet over medium-high flame. Add one tablespoon of the oil and let sit a minute to heat. Place salmon, skin side up, in pan with the onion and sprinkle with salt, pepper, and crushed red pepper if desired. Cover and cook 4 minutes or so. Turn over the salmon fillets, add tomatoes, cover, and cook another 3-4 minutes or until salmon is crispy, firm, but still pink and tender at center. Aim for juicy.

Divide the salmon, onions, and tomatoes between the two plates and squeeze the rest of the lemon juice over the salmon. Drizzle with the remaining tablespoon of oil. Serve hot, at room temperature, or cold.

Cook's Notes: If you have frozen individual salmon fillets, you can cook them just as I have in the recipe—it'll just take a bit longer and you may need to lower the heat after you turn the fillets. Don't hesitate. Be of great courage.

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