



Sautéed Salmon

Doctors advise eating a fatty fish such as salmon at least once a week. Here is a quick, easy and different way to prepare a wonderful salmon dish.

Ingredients:

4 pieces salmon filet, about 6-8 ounces each
Flour seasoned with salt and pepper
2 Tbsp. Extra virgin Olive oil or vegetable oil
2 Tbsp. chopped onion
2 Tbsp. chopped celery
2 Tbsp. drained capers, chopped
1 Tbsp. red wine vinegar

Season flour with salt and pepper but Old Bay Seasoning adds a lot of flavor so use it instead of salt. Put flour in a plastic bag. One at a time place a salmon filet in the bag. Shake the bag to coat the salmon filet evenly. Repeat to coat each of the filets and discard the bag with the left over flour. Heat over medium high heat a pan large enough to hold the filets. Add 1 Tbsp of the olive oil. Sauté the filets skin side up until lightly browned, about 3-4 minutes. Turn and cook another 3-4 minutes. Remove filets from pan. Add the remaining 1 Tbsp. olive oil. Add onions, celery and capers and sauté until onions are translucent, about 3 minutes. Add vinegar and let cook over high heat for a minute or two. Spoon over salmon filets and serve.