

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Apricot Glazed Salmon

Nicole Kemp, RD

6 salmon steaks (4 oz each)
1 tbsp extra-virgin olive oil
2 tbsp white wine vinegar
12 dried pitted apricots, chopped
1½ cup vegetable stock
1 cup apricot preserves
1 medium sweet onion (can use red onion)
Flat leaf parsley (for garnish)
Salt, pepper, garlic and onion powder to taste

Heat a large skillet over medium-high heat. Add oil and onions. Sauté onions until caramelized. Season salmon with salt, pepper, garlic and onion powder. Lightly brown the salmon for a few minutes on each side. Add onions. Cook 5 minutes. Add vinegar to the pan and let it evaporate. Add apricots and stock. When stock comes to a boil, add preserves and stir to combine. Cover pan and reduce heat. Simmer 5-7 minutes. Garnish salmon with chopped parsley. To complete this meal, serve over a mixed green salad.

Makes 6 servings

Nutrition information per serving: Calories: 401; Total Fat: 14g; Saturated Fat: 3g; Sodium: 557mg; Carbohydrate: 46; Fiber: 1g; Protein: 25g