

Salmon & PAN SEARED VEGETABLE MEDLEY

Tender Salmon paired with fresh crisp Bell Peppers and a medley of other mouth watering vegetables. It's nutritious and delicious.



DIRECTIONS:

- Preheat a large heavy skillet over medium –high heat, add 2 tablespoons of olive oil.
- Add sliced zucchini, chopped onion, diced Bell Peppers and thinly sliced garlic to the hot pan and sauté until vegetables are slightly browned and softened, approximately 3 to 4 minutes.
- Add chick peas, diced Roma Tomatoes, oregano, and vinegar. Continue cooking until everything in pan comes to a boil.
- Heat a second large, non-stick pan on medium high heat. Add remaining 1 tbsp. of olive oil.
- Season salmon fillets with salt and pepper.
- Sear salmon for approximately 4 minutes per side.
- Serve stewed vegetables alongside salmon. Garnish with chopped parsley.

CHEF'S TIP:

If you're not a fan of fish, substitute salmon with chicken or pork



Nutrition Facts	
Serving Size (593g)	
Servings Per Container	
Amount Per Serving	
Calories 660	Calories from Fat 290
% Daily Value*	
Total Fat 32g	49%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 380mg	16%
Total Carbohydrate 47g	16%
Dietary Fiber 12g	48%
Sugars 12g	
Protein 47g	
Vitamin A 35%	Vitamin C 350%
Calcium 15%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 minutes
Cook time: 15
Serves: 4 People

INGREDIENTS:

- 3 Roma Tomatoes
 - 2 Yellow Bell Peppers
 - 2 zucchini
 - 1 white onion
 - 4 garlic cloves
 - 19 oz. chick peas
 - 1 tbsp. of dry oregano
 - 2 tbsp. of balsamic vinegar
 - (4) 5-6 oz. salmon filets
 - 3 tbsp. of olive oil
 - 2 tbsp. fresh parsley chopped
- Salt & ground pepper to taste

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