

Roasted Salmon with White Bean Ragout



Makes 8 servings Calories: 299 Fat: 12g Carbs: 18g Protein: 29g

INGREDIENTS

- 2 tablespoons olive oil, divided
- $\frac{3}{4}$ cup chopped onion
- $\frac{3}{4}$ cup chopped red bell pepper
- 3 tablespoons tomato paste
- 1 teaspoon salt, divided
- $\frac{3}{4}$ teaspoon ground pepper, divided, plus more for sprinkling
- 2 cups coarsely chopped chard
- 2 (15 ounce) cans no-salt-added cannellini beans (white kidney beans), rinsed and drained
- $\frac{1}{2}$ cup reduced-sodium chicken broth or vegetable broth
- 8 (4 ounce) fresh or frozen skinless salmon fillets, thawed
- 2 cups halved cherry tomatoes
- 8 teaspoons grated Pecorino Romano cheese

DIRECTIONS

Heat 1 tablespoon of the oil in a very large nonstick skillet over medium heat. Add onion and bell pepper; cook 5 minutes or until tender, stirring occasionally. Stir in tomato paste, 1/2 teaspoon of the salt, and 1/4 teaspoon of the ground pepper; cook and stir 2 minutes. Stir in chard. Cook and stir 1 minute or until chard is wilted. Stir in beans and broth; cool. Cover and chill up to 3 days.

To serve, preheat broiler. Line a baking sheet with foil and coat with cooking spray.

Rinse fish; pat dry. Measure thickness of the fish. Place on the prepared baking sheet. Brush with the remaining 1 tablespoon oil and sprinkle with the remaining 1/2 teaspoon salt and the remaining 1/2 teaspoon ground pepper. Broil 4 inches from the heat 4 to 6 minutes per 1/2-inch thickness or until the fish flakes easily (if the fish is 1 inch or more thick, turn once).

Meanwhile, cook the bean mixture in a large nonstick skillet over medium heat 5 minutes or until heated through, stirring occasionally. If needed, thin with up to 1/2 cup water to desired consistency. Stir in tomatoes.

Arrange the fish on top of the bean mixture. Sprinkle with cheese and additional ground pepper.

Recipe Credit: EatingWell.com

