

Pan-Seared Lemon Salmon with Artichokes

Prep Time 10 mins
Total Time 20 mins
Meal Type Lunch, Dinner
Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 1 1/2 lb salmon, *cut into fillets*
- 3 Tbs olive oil
- 2 lemons
- 8 cups spinach
- 1 1/2 cups artichokes, canned, *drained* (or frozen, defrosted)

Directions

Prep

1. Zest and juice 1 lemon. Cut one into wedges for serving
2. Whisk together 2 tablespoons of olive oil, lemon juice, and 2 teaspoons of zest.
3. Brush salmon with this mixture and sprinkle with pepper to taste.

Make

1. Heat a medium non-stick skillet on medium heat. Drizzle with 1 tablespoon of oil.
2. When the pan is hot, place salmon fillets in the pan flesh side down to brown for about 2 minutes. Carefully flip, and reduce heat to medium-low. Add 1/4 cup of water to the pan and cover the top and let them cook for 4-5 minutes until cooked throughout.
3. Remove salmon fillets from the pan and place them on a dish then cover to keep warm. Add remaining oil and artichoke hearts to the pan and sauté until browned. Add spinach - heat over low until spinach is just wilted.
4. Serve salmon over spinach and artichokes with lemon wedges.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	495	Total Fat 33.3g	51%	Total Carbohydrates 10g	3%
		Saturated Fat 6.6g	33%	Dietary Fiber 5g	20%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 94mg	31%	Protein 39g	
		Sodium 615mg	26%		
Vitamin D 19mcg 187% · Calcium 82mg 8% · Iron 2mg 13% · Potassium 992mg 21%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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