

## Salmon with Garlic Cream Sauce

Serves 4

- 4 (174 g) salmon fillets
- Kosher salt and freshly ground black pepper, *to taste*
- 21 g unsalted butter
- 2 cloves garlic, *minced*
- 1 medium shallot, *diced*
- 2 T all-purpose flour
- 60 ml dry white wine (or chicken stock)
- 180 ml chicken stock
- 175 ml half and half\* (or Greek yogurt)
- 3 C baby spinach
- 2 T chopped fresh dill
- 1 lemon, *cut in wedges*



1. Using paper towels, pat both sides of the **salmon** fillets dry; season with 1 tsp **salt** and ½ tsp **pepper**.
2. Melt **butter** in a large cast iron skillet over medium heat.
3. Add **salmon** fillets to the skillet, skin side up, and cook until golden brown and a crust has formed, about 4-5 minutes. Using a fish turner, flip, and cook for an additional 4-5 minutes, or until desired doneness. Remove and keep warm.
4. Reduce heat to low; add **garlic** and **shallots**, and cook, stirring frequently, until fragrant, about 2 minutes.
5. Whisk in **flour** until lightly browned, about 1 minute.
6. Stir in **wine**, scraping any browned bits from the bottom of the skillet.
7. Stir in **chicken stock** and **half and half** until slightly thickened, about 2-3 minutes; season with **salt** and **pepper**, to taste.
8. Stir in **spinach** until wilted, about 1-2 minutes. Return salmon to the skillet; sprinkle with dill.
9. Serve immediately with **lemon wedges**.

*\*Half and half is equal parts of whole milk and cream. For 1 cup half and half, you can substitute 3/4 cup whole milk + 1/4 cup heavy cream or 2/3 cup skim or low-fat milk + 1/3 cup heavy cream. Or substitute Greek yogurt*