

Basil Salmon with Julienne Vegetables

Servings: 2

Slightly adapted from

<http://www.eatbetteramerica.com/recipes/basil-salmon-and-julienne-vegetables/6ff75181-6492-40eb-a774-b2b64c439588>

Ingredients

Cooking spray

1/2 teaspoon olive oil

1 red bell pepper, seeded and cut into strips

1 onion, seeded and cut into strips

1 small zucchini, cut into julienne (matchstick-size) strips

2 salmon fillets

1 tablespoon chopped fresh basil leaves

1/4 teaspoon seasoned salt

1/2 teaspoon lemon-pepper seasoning

1/8 cup fat-free, low sodium chicken broth

Preparation

1) Spray 12-inch skillet with cooking spray; add oil and heat over medium heat. Add bell pepper and onion; cook 4-5 minutes, stirring occasionally. Stir in zucchini.

2) Place salmon, skin side down, in skillet, pushing down into vegetables if necessary. Sprinkle salmon and vegetables with basil, seasoned salt and lemon-pepper seasoning. Pour broth over salmon and vegetables.

3) Reduce heat to medium-low. Cover; cook 8 to 10 minutes or until salmon flakes easily with fork. Remove salmon and vegetables from skillet with slotted spoon.