

Fire Roasted Atlantic Salmon with Tuscan Kale and Cannellini Bean Ragout

Prep Time: 7 mins Cook Time: 20 mins Total Time: 27 mins
Yield: 4 Portions



Tuscan Kale and Cannellini Bean Ragout

1 Tsp Olive Oil
1 Tsp Garlic, Minced
¼ Cup Leeks, Fine Julienne
¼ Cup Spanish Onion, Fine Julienne
15.5 oz Can Cannellini Beans, drained
¼ Cup Vegetable Stock
14.5 oz Can Diced Tomatoes
½ Lb Kale, Leafy Greens, No Stems, 1" dice
Pinch Kosher Salt
Pinch Crushed Black Pepper
Pinch Ground Black Pepper

Fire Roasted Atlantic Salmon

4 Oz Salmon Fillet
1 Tbsp Olive Oil
2 Tsp Lemon Juice
1 Tbsp Fresh Chopped Parsley

Preparation

Tuscan Kale and Cannellini Bean Ragout

1. In large braising pan, heat olive oil with onion, leeks, garlic and crushed red pepper, cook until onions begin to wilt and brown lightly
2. Add kale and season with salt and pepper, cook for two minutes stirring occasionally until kale has wilted
3. Add beans, vegetable stock and tomatoes, mix well
4. Adjust seasoning
5. Store in shallow pan, label, date and refrigerate

Fire Roasted Atlantic Salmon

1. Marinate Salmon in olive oil, lemon and parsley
2. Grill on char grill on both sides till lightly browned and cooked through (internal temperature 145°)
3. Place onto serving plate and serve with heated kale and white bean ragout
4. Garnish with lemon wheel and chopped parsley
5. Serve immediately

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This recipe includes such healthy ingredients as fresh **salmon** marinated in rich **olive oil**, parsley and freshly squeezed lemon juice. Salmon is packed with protein and omega 3 unsaturated fats, which improve brain function and provide protection against cardiovascular disease. Other vitamins found in salmon include vitamin D, A, E, B6, B12, niacin and riboflavin, most of which are associated with bone, vision and skin health. Adding olive oil, a natural oil extracted from olives, enhances this recipe's nutritional benefits, as it contains antioxidants and unsaturated fats that help fight inflammation as well as protects against LDL or "bad" cholesterol. Extra virgin olive oil is always the best choice, as it is less processed and more likely to retain its antioxidant content.

Tuscan kale contains significant amounts of fiber, which benefits gut health, helps manage blood sugar and reduces fat absorption. It is also hypocaloric due to its high water content, which could be beneficial for weight loss. Rich in calcium, kale is known to aid in bone health and help prevent bone demineralization that can lead to osteoporosis, and vitamin C, which is an important antioxidant to fight infection. Other nutrients such as vitamin A, K, folate, complex B vitamins, zinc and iron bring additional benefits including boosting the immune system.

Cannellini Beans are a versatile kind of legume used as an ingredient in many different dishes. Plant-based protein abundant in complex carbohydrates and offering a low glycemic Index, the beans are also highly concentrated in fiber, antioxidants, iron, zinc, and most electrolytes (magnesium, potassium and phosphorus), helping with regulating metabolism at the cell level. Kale and cannellini beans may benefit

individuals with certain conditions such as certain gastrointestinal conditions, diabetes, cardiovascular disease, certain types of cancer and overweight/ obesity.

Brown rice is the perfect whole grain complement to this dish. It is loaded with complex carbohydrates and fiber, promoting satiety and healthy digestion while improving glycemic control and lowering cholesterol.

This recipe can be modified using other nutritious vegetables such as asparagus, broccoli rabe, and Swiss chard are just a few examples of nutritious vegetables. Other types of beans, such as black or navy beans, can also be used. In order to reduce salt intake, fresh or frozen vegetables are recommended as opposed to canned vegetables. Varying recipes and diversifying meal plans will provide a broader selection of foods and taste as well as a more nutritious overall diet.

This dish is composed of foods typically used in the Mediterranean Diet, which is considered the gold standard diet to follow. Including these foods in your weekly meal plan will guide you in your journey towards a healthier life style.