

Seared Salmon with Wilted Fall Greens

1 lb salmon, cut into 4 four-oz portions
3 T shallot, minced
1 lb mix of red kale, green kale, & Swiss chard, cleaned and cut*
2 T fresh lemon juice
1/4 cup dried cranberries
1/4 cup pine nuts, toasted
olive oil, for sautéing
kosher salt & pepper to taste

In a medium sauté pan, heat 2 T of olive oil over medium high heat. Season salmon with salt and pepper. Cook 2-3 minutes per side.

Meanwhile, in a large sauté pan, heat three tablespoons of olive oil over medium high heat. Add the shallots and cook for 30 seconds. Add the cut greens and cook for approximately 2 minutes or until they are wilted, making sure to mix gently to cook evenly. Season with salt and pepper and remove from heat. Add the lemon juice, cranberries and pine nuts and mix together gently.

Serve the salmon on top of the wilted greens.

**Substitute any mixture of fall greens available in your local market.*

