

## Seared Salmon, Morals & Fava Beans with Green Goddess Sauce

HANDS-ON TIME: 40 min  
TOTAL TIME: 40 MIN;  
SERVES 4: 3 oz salmon, 1/2 cup vegetables & 1/4 cup sauce each

### GREEN GODDESS SAUCE:

- 1/2 cup low-fat plain yogurt
- 3 Tbsp extra virgin olive oil
- 1/2 cup fresh parsley
- 1/4 cup packed fresh basil
- 2 Tbsp chopped fresh chives
- 2 Tbsp chopped fresh dill
- 2 Tbsp chopped fresh mint
- 2 Tbsp chopped fresh tarragon
- 1 Tbsp lemon juice
- 1 anchovy fillet
- 1/4 tsp fine sea salt
- 1/8 tsp ground pepper



### SALMON & VEGETABLES:

- 8 oz fresh morals, trimmed or 1 oz dried morals, soaked
- 1 lb wild salmon, skin on, cut into 4 portions
- 1/2 tsp fine sea salt, divided
- 2 Tbsp extra virgin olive oil, divided
- 3 cups shelled fresh fava beans (from about 2 lbs, unshelled) or shelled edamame (thawed, if frozen)
- 1 clove garlic, minced
- 1/4 tsp ground pepper, or to taste
- 1/2 cup low-sodium mushroom broth or soaking liquid
- 1/4 chopped mixed fresh herbs, such as parsley, dill and/or tarragon

**Instructions:** *Salmon with morals is classic in the Pacific Northwest spring. To rehydrate dried morals, soak in 1 cup boiling water for 20 to 30 minutes. Remove the mushrooms and strain the liquid through a fine sieve to remove any grit.*

1. **To prepare sauce:** Combine yogurt, 3 Tbsp oil, parsley, basil, chives, dill, mint, tarragon, lemon juice, anchovy, 1/4 tsp salt and 1/8 tsp pepper in a blender. Puree until very creamy and bright green.

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2. **To prepare salmon & vegetables:** If using fresh morals, briefly swish in a large bowl of tepid water. Drain and repeat to remove all the dirt. Gently but thoroughly pat dry; halve if large.
3. Pat salmon skin very dry with a paper towel. Sprinkle the flesh with 1/4 tsp salt. Heat 1 Tbsp oil in a large cast-iron skillet over medium-high heat until shimmering. Swirl the oil to coat the pan, then add the salmon, skin-side down. Using a spatula, gently press on the salmon to keep the pieces relatively flat; cook until the skin begins to crisp, 2 to 3 minutes. To check it, lift up the fish and carefully touch the skin; it will be firm if it's crispy. Turn the fish over and cook until just cooked through, 1 to 3 minutes more. Carefully transfer to a clean plate.
4. Reduce heat to medium. Add the remaining 1 Tbsp oil, fava beans (or edamame), morels, garlic, pepper, and the remaining 1/4 tsp salt. Cook, stirring, for 2 minutes. Add mushroom broth (or the soaking liquid, if using dried morels); cook until most of the liquid has evaporated, 2 to 3 minutes. Stir in mixed herbs. Remove from heat.
5. Serve the salmon on the sauce with the vegetables.

CAL 540 | FAT 24G (SAT, 4G) | CHOLESTEROL 56MG | CARBS 46G | SUGARS 23G |  
PROTEIN 44G | FIBER 18G | SODIUM 388MG | POTASSIUM 1,331MG