



## Seared Salmon w/Balsamic-Blistered Tomatoes Intermediate Lifestyle

### **INGREDIENTS**

1 ½ TBS olive oil, divided  
4 (6-oz.) salmon fillets, about 1 in. thick  
1 TSP kosher salt, divided  
1 TSP freshly ground black pepper, divided  
⅔ cup thinly sliced shallots  
3 cups cherry tomatoes  
½ cup torn basil leaves, divided  
2 TBS balsamic vinegar

### **INSTRUCTIONS**

—Preheat the oven to 500°. Line a rimmed baking sheet with foil.

—Heat 1 TBS oil in a large cast-iron skillet over high. Sprinkle fillets evenly with ½ TSP salt and ½ TSP pepper. Add fillets to pan; cook 4 minutes on one side or until golden brown. Place fillets, seared side up, on prepared baking sheet; bake at 500°F for 4 minutes or until desired degree of doneness.

—Return skillet to medium-high. Add remaining 1 ½ TSP oil to pan. Add shallots, and sauté 2 minutes. Add remaining ½ TSP salt, remaining ½ TSP pepper, tomatoes, and ⅓ cup basil; cook 2 minutes or until tomatoes begin to break down. Stir in vinegar, and cook 1 minute.

—Place 1 fillet on each of 4 plates; top evenly with tomato mixture and remaining basil.

### **SERVING INFO: (Yields 4 serving):**

1 fillet + ½ cup tomato mixture = 1 P, 1 V

See photo of recipe at [Instagram](#) and [Facebook](#).