



Healthy Recipe: Salmon with Grapefruit Vinaigrette

This easy recipe includes nutrient-rich broccoli rabe.

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This recipe is one of the simplest ways to cook salmon and an even more delicious way to eat it. The pleasantly bitter-tasting broccoli rabe and tangy vinaigrette contrast beautifully with the richness of the fish.

Servings: 4

Ingredients: 7

Prep: 20 minutes

Ingredients for Meal

- 4 (4-ounce) salmon fillets
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 bunch broccoli rabe, any thick stalks trimmed
- 4 tablespoons grapefruit pistachio vinaigrette
- ¼ cup pistachios, lightly toasted and chopped

Ingredients for Vinaigrette

- 2 tablespoons olive oil
- ½ grapefruit, juiced
- 1 teaspoon cider vinegar

- ½ teaspoon honey
- Salt, to taste
- 2 tablespoons pistachios, toasted

Directions for Meal

1. Rub salt and pepper onto the salmon fillets.
2. In a wide skillet with a lid, heat the oil over medium-high heat. Add the salmon to the pan, skin side up. Cook for 5 minutes, then flip and cook for another 3 to 5 minutes, or to desired doneness.
3. While the salmon is cooking, drop the broccoli into a pot of boiling salted water. Boil for 3 minutes, then drain.
4. Divide the broccoli among 4 plates, then top with salmon and evenly drizzle over the vinaigrette. Garnish with pistachios, if using. Serve.

Directions for Vinaigrette

1. Whisk all ingredients until combined. Taste and adjust seasonings.

Chef Tips

A good way to cook salmon while reducing fishy smells is to bake it instead. Place salmon fillets skin side down on parchment paper on a baking sheet coated with olive oil. Sprinkle fillets with salt and pepper. Bake in a 425° F oven for 10 to 15 minutes or until a food thermometer reads 145° F when inserted into the thickest part of the fish.

Nutrition Facts (per serving)

Calories: 361; fat: 26 g; saturated fat: 8 g; polyunsaturated fat: 0 g; monounsaturated fat: 8 g; carbohydrates: 0 g; sugar: 1 g; fiber: 6 g; protein: 29 g; sodium: 573 mg

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