

**Mediterranean Salmon Sauté**  
**Yield – 12 entrée portions**

**Ingredients-**

Olive oil	3 Tbsp
Boneless salmon fillet*, ½ inch cubes	3 lbs
Garlic, chopped	3 Tbsp
Tomatoes, diced	2 lbs
Vegetable stock	3 cups
Lemon juice	¾ cup
White wine	3 cups
Salt	pinch
Black pepper	pinch
Basil, fresh, chiffonade	1 cup
Edamame	12 oz
Kalamata olives	¾ cup
Baby arugula	12 cups
Barley pilaf, hot	6 cups
Feta cheese, crumbled	¾ cup

**Method-**

Arrange ingredients attractively in exhibition station. Prepare individual portions to order as follows:

Heat 1 tsp olive oil in sauté pan over high heat. Add 4 oz salmon and sauté lightly. Add 1 tsp garlic and sauté for additional minute. Add 1 oz wine and 2 oz broth. Simmer to evaporate alcohol. Add 2 oz tomatoes, 1 Tbsp basil, 1 oz edamame and 1 Tbsp olives. Top with 1 cup arugula and saute quickly to wilt. Place 4 oz hot cooked barley in center of service plate. Spoon salmon sauté mixture over top. Top with 1 Tbsp feta cheese. Garnish with parsley sprig and lemon wedge. Serve immediately.

*\*Look for responsibly harvested seafood when choosing your fish, including: Atlantic Pollock, Atlantic Spiny Dogfish, Haddock, and Redfish*

<b>Nutrition Facts</b>			
Serving Size (345g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b> 390	Calories from Fat 190		
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		<b>% Daily Value*</b>	
<b>Total Fat</b> 21g			<b>32%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 85mg			<b>28%</b>
<b>Sodium</b> 550mg			<b>23%</b>
<b>Total Carbohydrate</b> 10g			<b>3%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 4g			
<b>Protein</b> 35g			
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Vitamin A 25%		Vitamin C 35%	
Calcium 10%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4