



SEARED SALMON WITH ROASTED CAULIFLOWER

SERVES 4

Toss 1½ lbs **cauliflower** florets (from 1 large head cauliflower) with 2 Tbsp **olive oil** and ¼ tsp each **salt** and **pepper**. Roast at 450°F until tender, then broil until golden brown. Season and cook four 6-oz pieces **salmon** in a large skillet in 2 tsp oil on medium-high until opaque throughout, adding 2

cloves chopped **garlic** and 1 Tbsp **capers** to the skillet after flipping salmon once. Toss cauliflower with capers, garlic, and ½ cup **parsley leaves**; serve with salmon.

PER SERVING 305 cal, 15.5 g fat (3 g sat fat), 80 mg chol, 400 mg sod, 36 g pro, 5 g car, 2 g fiber