



Skillet Salmon with Autumn Swiss Chard Salad

Prep: 15 minutes

Cook: 10 minutes • Serves: 4

- 3 tablespoons **PICS apple cider vinegar**
- 2 tablespoons **PICS olive oil**
- 1 tablespoon **PICS honey**
- $\frac{3}{4}$ teaspoon kosher salt
- 1 large bunch rainbow Swiss chard, stems removed, leaves chopped into bite-sized pieces
- 1 large Honeycrisp apple, halved, cored and thinly sliced
- $\frac{1}{3}$ cup dried cherries
- 2 tablespoons pepitas with sea salt
- 4 salmon fillets (about $1\frac{1}{2}$ pounds)
- $\frac{1}{4}$ teaspoon **PICS ground black pepper**
- $\frac{1}{4}$ cup shaved aged white Cheddar cheese

1. In large bowl, whisk vinegar, 1 tablespoon oil, honey and $\frac{1}{4}$ teaspoon salt. Add chard, apple, cherries and pepitas; toss. Makes about $5\frac{1}{2}$ cups.

2. In large nonstick skillet, heat remaining 1 tablespoon oil over medium-high heat; sprinkle salmon with pepper and remaining $\frac{1}{2}$ teaspoon salt. Place salmon, skin side up, in skillet; cook 10 minutes or until internal temperature reaches 145° , turning once.

3. Slip spatula between salmon skin and flesh to remove skin; transfer to plate and serve with salad sprinkled with cheese.

Approximate nutritional values per serving (1 salmon fillet, $1\frac{1}{3}$ cups salad):
482 Calories, 23g Fat (5g Saturated), 115mg Cholesterol,
588mg Sodium, 25g Carbohydrates, 3g Fiber, 42g Protein