

Blackened Salmon with Potatoes

Total: 40 min. Active: 20 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 423. Total Fat: 17g. Carbs: 36g. Protein: 32g.

Ingredients

- 1 1/2 cups frozen baby lima beans, thawed
- 1/2 cup fat-free sour cream
- 2 tbsp unsalted butter
- Salt and ground black pepper
- 1 tbsp paprika
- 2 tsp chopped fresh thyme
- 1 tsp cayenne pepper
- 4 skinless center-cut wild salmon filets (about 4 oz each)
- 1 tbsp vegetable oil
- 3 scallions, sliced
- Lime wedges

Directions

Put the potatoes in a saucepan; cover with cold water by 1 inch and season with salt. Bring to a boil, then reduce the heat to medium and simmer 8 minutes. Add the lima beans; simmer until the potatoes are fork-tender, 4 minutes. Reserve 1/4 cup cooking water, then drain and return to the pot. Add the sour cream, 1 tablespoon butter and the reserved cooking water. Season with salt and pepper and smash.

Combine the paprika, thyme, cayenne and 1 teaspoon salt in a bowl; sprinkle on both sides of the salmon. Heat the vegetable oil in a large skillet over medium heat. Add the salmon and cook until browned and just cooked through, 3 to 4 minutes per side.

Stir the scallions into the potatoes and top with the remaining 1 tablespoon butter. Serve with the salmon and lime wedges.

