

Slow-Cooked Salmon W/ Turnips and Chard

-4 6-oz. pieces skinless salmon fillet
-4 tablespoons olive oil, divided
-1 teaspoon finely grated lemon zest
-Kosher salt
-4 garlic cloves, peeled, smashed
-1½ pound small turnips, scrubbed, halved
-Freshly ground black pepper
-2 bunches Swiss chard
-1 small shallot, finely chopped
-¼ cup chopped fresh cilantro
-¼ cup chopped fresh flat-leaf parsley
-1 tablespoon fresh lime juice

1. Preheat oven to 250°.
2. Place salmon in a large baking dish; drizzle with 2 Tbsp. olive oil, sprinkle with lemon zest, and gently rub into flesh.
3. Season with salt and scatter garlic around. Bake until salmon is medium-rare (mostly opaque but still slightly translucent in the center), 30–35 minutes.
4. Meanwhile, combine turnips, 1 Tbsp. olive oil, and 1 cup water in a large skillet; season with salt and pepper.
5. Bring to a simmer, cover, and cook until turnips are fork-tender, 15–20 minutes. Uncover and cook, tossing occasionally, until liquid is evaporated and turnips are golden, 5 minutes.
6. While turnips are cooking, remove ribs and stems from Swiss chard leaves. Thinly slice ribs, stems, and leaves crosswise.
7. Heat remaining 1 Tbsp. olive oil in another large skillet over medium-high heat. Cook shallot and Swiss chard ribs and stems, stirring often, until beginning to soften, about 3 minutes.
8. Add Swiss chard leaves and cook, tossing often, until leaves are wilted, about 2 minutes. Toss in cilantro, parsley, and lime juice; season with salt. Drizzle salmon with sesame oil. Serve salmon with Swiss chard and turnips, topped with sesame seeds.
(From www.bonappetit.com)

Nutrition Facts: 940 Calories, 22g Carbs, 74g Fat, 39g Protein, 764mg Sodium, 1g Sugar