



Pomegranate & Red Wine Roasted Salmon

Prep: 20 minutes

Roast: 15 minutes • Serves: 4

- 1 cup dry red wine (such as Pinot Noir)
- $\frac{3}{4}$ cup pomegranate seeds
- 1 shallot, chopped
- 2 tablespoons honey
- 2 tablespoons unsalted butter
- 4 boneless salmon fillets (about $1\frac{1}{4}$ pounds)
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon fresh ground black pepper
- 4 thyme sprigs for garnish (optional)

1. Preheat oven to 400°. In blender, blend wine and $\frac{1}{2}$ cup pomegranate seeds; strain through fine-mesh strainer into small bowl and discard pulp.

2. In small saucepan, heat shallot, honey and pomegranate-wine mixture to a boil over high heat; reduce heat to medium and simmer 8 minutes or until reduced by $\frac{1}{2}$. Remove from heat; stir in butter. Makes about $\frac{1}{2}$ cup.

3. Place salmon, skin side down, in 8-inch square baking dish; sprinkle with salt and pepper. Pour wine mixture over salmon. Roast salmon 15 minutes or until internal temperature reaches 145°. Serve salmon drizzled with pomegranate-wine sauce and sprinkled with remaining $\frac{1}{4}$ cup pomegranate seeds. Garnish with thyme sprigs, if desired.

*Approximate nutritional values per serving:
393 Calories, 16g Fat (5g Saturated), 105mg Cholesterol,
655mg Sodium, 18g Carbohydrates, 2g Fiber, 14g Sugars,
9g Added Sugars, 33g Protein*

Dietitian's Dish

> Red wine is known for the beneficial effects of resveratrol on heart health. Pomegranates have 3x as many antioxidants as red wine. Combined with omega-3 rich salmon, this recipe offers a 1-2-3 knockout punch to protect your heart!