

---

## Seared Salmon with Lemon Basil Risotto - Coumadin (warfarin) Safe Version

Servings = 2

Serving size = about 2 1/2 cups risotto with 4 ounces fish

This recipe can easily be multiplied by up to 8 with a very large pot.

Cooking time: 30 minutes.

This recipe does not make very good leftovers.

2 tsp.	olive oil
1 large	onion (diced)
1/2 cup	arborio rice
3 cups	water
1 cup	no salt added chicken stock
1 tsp.	lemon zest
1/4 tsp.	salt
to taste	fresh ground black pepper
1 ounces	semi soft goat cheese
6 large	leaves basil (chiffonade)
2 - 4 ounce	salmon filets
2	green onions (separate green tops from white parts)

Place 1 teaspoon of the olive oil in a medium skillet over medium heat.

Add the onion and cook over medium heat for about 5 minutes until they begin to soften. Add the arborio rice and stir for about 2 minutes.

Add the water, chicken stock lemon zest, salt and pepper. Reduce the heat to medium-low so that the rice is simmering. Cook for about 20 minutes until the rice is just tender. Add more water 1/4 cup at a time as needed to let the rice cook but when it is done there should be almost no liquid left.

Add the goat cheese and reduce the heat to medium low. Stir gently so that the goat cheese melts. Reduce the heat to low.

Place a large skillet over high heat and add 1 teaspoon of olive oil. Sear the salmon and cook for about 2 - 3 minutes on each side.

Just before the fish is done add the basil to the risotto and stir. Divide the risotto between two bowls and top with the salmon.

While the large skillet is still hot toss in the green onions and toss for about 30 seconds until they begin to wilt. Place the green onions on top of the fish and serve.

### Nutrition Facts

Serving size	about 2 1/2 cups risotto with 4 ounces fish
Servings	2

Calories 508	
Calories from Fat 163	% Daily Value

Total Fat 18 g	28 %
Saturated Fat 5 g	23 %
Trans Fat 0 g	
Monounsaturated Fat 9 g	
Cholesterol 77 mg	26 %

Sodium 436 mg	18 %
Total Carbohydrates 51 g	17 %
Dietary Fiber 3 g	13 %
Sugars 5 g	
Protein 34 g	

Vitamin A 9 %	Vitamin C 16 %
Calcium 6 %	Iron 19 %
Vitamin K - 10 mcg	
Potassium 746 mg	
Magnesium 54 mg	

"I'll love you, dear, I'll love you till China and Africa meet and the river jumps over the mountain and the salmon sing in the street." W.H. Auden, *Poet*

### **The refrigerator light goes on...**

I love using Meyer lemons for this dish. They're sweeter than regular lemons and the zest is also. Either way this recipe is a great fall meal warm and satisfying but still light.