

## Roasted Salmon with White-Wine Sauce

*Serves 4. Prep time: 5 minutes. Total time: 20 minutes*

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| <ul style="list-style-type: none"> <li>▪ 1 large skinless salmon fillet (1 ½ pounds)</li> <li>▪ coarse salt and ground pepper</li> <li>▪ 1 tablespoon unsalted butter</li> </ul> | <ul style="list-style-type: none"> <li>▪ 2 teaspoons all-purpose flour</li> <li>▪ 1 cup dry white wine</li> <li>▪ 1 tablespoon chopped fresh chives</li> </ul> |
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1. Preheat oven to 450 degrees. Place salmon on a rimmed baking sheet; season with salt. Roast until opaque throughout, about 15 minutes.
2. Meanwhile, in a small saucepan, melt butter over medium heat. Add flour, and cook, whisking, 1 minute. Add wine, and bring to a boil; reduce to a simmer, and cook until liquid is reduced by half, 8 to 10 minutes. Stir in chives; season with salt and pepper. With a fork, gently break salmon into large chunks, and serve topped with white-wine sauce.

**Nutritional breakdown** (per serving):

Calories: 321	Fat: 13.6 g Sat Fat: 3.5 g	Carbohydrates: 2.6 g	Cholesterol: mg	Protein: 34 g	Sodium: mg
Fiber: 0.1 g	Sugars: g				

*Taken from Everyday FOOD: A Martha Stewart Magazine,  
January/February 2008, pg. 109.*

