

# **PAN SEARED SALMON OVER BLACK BEAN, CORN AND EDAMAME SALSA**

## **Recipe**

**By Pamela M. Smith, R.D**

1 tsp. olive oil  
1 tsp. Creole seasoning  
Kosher salt, to taste  
1 pound of salmon, wild when possible, cut into four filets  
1 pound asparagus, trimmed of tough stalks, grilled or pan seared  
2 cups Black Bean, Corn and Edamame Salsa (recipe below)  
2 cups fresh spinach leaves, washed and stemmed  
1 Tbsp. chopped chives  
1 lemon, sliced

Heat a nonstick pan to very high heat, add 1 tsp. olive oil. Season salmon with Creole seasoning and a touch of Kosher salt, and add to hot pan. Sear on both sides, and finish cooking (if desired) in a 375 degree oven till done.

Spoon Black Bean, Corn and Edamame Salsa onto plate. Add fresh spinach leaves and placed seared salmon and asparagus spears on top of the leaves. Sprinkle with chopped chives and garnish with twisted lemon slice. (Serves 4)

Nutritional Content: 388 calories, 12 grams fat, 28% calories from fat, 605 mg. Sodium, 51 mg cholesterol, 38 grams carbohydrate, 32 grams protein.

### **Black Bean, Corn and Edamame Salsa**

2 cups black beans, drained and rinsed  
1 cup shelled, cooked edamame beans\*  
1 cup frozen corn kernels, thawed  
2 plum tomatoes, diced  
1/2 red onion, minced  
1 serrano or 1/2 jalapeno pepper, seeded and minced  
1 Tbsp. chopped fresh cilantro  
1 Tbsp. olive oil  
4 cloves garlic, minced  
juice of two limes  
1 Tbsp. balsamic vinegar  
1 tsp. cumin  
2 tsp. hot pepper sauce  
1 tsp. Creole seasoning  
Kosher salt and pepper to taste

In a large bowl, combine all ingredients and mix well. Allow to marinate at least one hour before serving.

Makes 10 1/3-cup servings, each 106 calories, 1.5 grams fat, 13% calories from fat, 118 mg. Sodium, 0 mg cholesterol, 15 grams carbohydrate, 8 grams protein.

**\* Edamame: If you think you don't like soy, give these beans a try; they taste and look a lot like baby lima beans. The pods are harvested when they are still young and tender. The beans, when steamed and salted, are great for snacking; one cup gives 25 grams of soy protein. Nowadays you can find them fresh or frozen in many supermarkets. You don't eat the pod - buy them shelled or steam them and open up the pod and pick out the soybeans. Use them in stir fry, soup, a salad, a pasta dish - or this delicious salsa.**

**For more recipes from Pam's book *When Your Hormones Go Haywire* and to get your own copy, visit <http://www.pamsmith.com/catalog>**