

SALMON WITH RED GRAPE AGRODOLCE

This came from a website called Cara's Cravings. It is so good. It cooks really quickly, so have your sides ready first! Shared by Diane & Steve Rothman.

PREP: 6 minutes

COOK: 5 minutes

SERVINGS: 2

INGREDIENTS:

12 oz. wild Alaskan sockeye salmon
1 tsp. Herbs de Provence
Salt and pepper
1 Tbsp. olive oil
1 medium red onion, thinly sliced (1 cup)
½ C. seedless red grapes, sliced in half (we use more)
⅓ C. balsamic vinegar
Pinch of salt

We accidentally added honey at the end & it was great.

DIRECTIONS:

Heat the olive oil in a skillet over medium heat. When shimmering, add the onions and sauté for about 8 minutes, until golden brown and slightly softened. Add grapes, balsamic vinegar, and salt. Bring to a boil, and cook for 2-3 more minutes, until reduced to a syrupy consistency.

Preheat the broiler. Place the salmon filets skin-side down (it's ok if they are skinless, too) on a foil-lined baking sheet. Rub the fish with the Herbs de Provence and sprinkle with salt and pepper. Broil for 5 minutes, or until desired doneness is reached. Wild Salmon cooks very fast.

Plate the fish, leaving the skin behind (it should stick to the foil as you lift the flesh off with a spatula) and top with the onion-grape mixture. Serve immediately.

