

### **BROILED SALMON & STEWED COLLARDS**

Serves 4 | Prep time: 30 min. / Cook time: 60 min.

# **Ingredients**

### For salmon:

- 4 salmon filets, 6 ounces each
- 4 TBs olive oil
- 2 TB honey
- 2 TB soy sauce
- ½ TS lemon zest
- 2 TS lemon juice
- 2 TS fresh parsley, chopped (plus more for garnish)
- 2 TS fresh thyme leaves
- kosher salt to taste
- fresh cracked black pepper to taste
- 1 TB minced garlic
- lemon wedges for serving

#### For collards:

- 1 large bunch collard greens, stemmed and sliced into 1-inch strips
- 2 strips bacon, cut into 1-inch pieces
- 1 Vidalia onion, thin sliced
- ½ TS red pepper flakes
- 4 cloves garlic, sliced
- 1 apple, thin sliced
- ¼ C apple cider vinegar
- 1 C chicken stock
- kosher salt to taste
- freshly cracked black pepper to taste

### Let's start with the collards:

- 1. Cook the bacon in a deep sauté pan on medium-high heat until crisp, then set aside, leaving the fat in the pan.
- 2. Add the onions and apples, and sauté until caramelized.
- 3. Add in the red pepper flakes and garlic, and sauté until fragrant.
- 4. Add the collard greens and cook until they begin to wilt. Add the chicken stock and apple cider vinegar, and lower the heat to a simmer. Let cook until the greens are tender, 45 minutes. Uncover, add back the bacon, raise the heat to medium-high, and reduce the liquid by one-quarter, 1 to 2 minutes.

## While the collards cook, let's do the salmon:

- 1. Preheat the broiler. Coat a sheet pan with cooking spray.
- 2. Place the olive oil, brown sugar, soy sauce, lemon zest, lemon juice, parsley, thyme, salt, pepper and garlic in a bowl. Whisk to combine.
- 3. Add the salmon, toss to coat evenly.
- 4. Place the salmon filets on the prepared sheet pan.
- 5. Broil for 10-15 minutes or until the salmon is browned and opaque.
- 6. Garnish with chopped parsley and lemon wedges, and serve immediately!