

Sautéed Arctic Char and Arugula Salad with Tomato Vinaigrette

Total Time

20 Mins

Yield

4 servings

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COOKING LIGHT

If you can't find arctic char, substitute another sustainable option like Alaskan salmon.

Ingredients

4 (6-ounce) arctic char fillets

3/4 teaspoon salt, divided

1/2 teaspoon black pepper, divided

Cooking spray

4 teaspoons balsamic vinegar

2 tablespoons extra-virgin olive oil

2 teaspoons minced shallots

1 pint grape tomatoes, halved

5 cups loosely packed arugula

2 tablespoons pine nuts, toasted

Nutritional Information

Calories 342, Fat 20.5g, Saturated Fat 3.7g,
Monounsaturated Fat 10.4g, Polyunsaturated Fat 4.8g,
Protein 33.1g, Carbohydrate 5.9g,
Fiber 1.6g, Cholesterol 80mg, Iron 1.5mg,
Sodium 522mg, Calcium 72mg.

How to Make It

Step 1 Heat a large nonstick skillet over medium-high heat. Sprinkle fillets evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper. Coat pan with cooking spray. Add fillets to pan; cook 3 minutes or until browned. Turn fillets over; cook 4 minutes or until desired degree of doneness. Remove fish from pan; loosely cover, and keep warm. Wipe pan clean with paper towels.

Step 2 While fish cooks, place vinegar in a medium bowl. Gradually add oil, stirring with a whisk. Stir in shallots.

Step 3 Return pan to medium-high heat. Add tomatoes, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper; sauté for 3 minutes or until tomatoes soften. Add tomatoes to vinaigrette; toss to combine.

Step 4 Arrange 1 1/4 cups arugula on each of 4 plates; top each serving with 1 fillet. Spoon about 1/2 cup tomato mixture over each salad, and sprinkle with 1 1/2 teaspoons nuts.