



ROASTED SALMON WITH WHIPPED CELERY ROOT & CRISPY BRUSSELS SPROUTS

NUTRITION FACTS (PER SERVING)

CALORIES 320

PROTEIN 30G

TOTAL FAT 13G

SATURATED FAT 2G

CARBS 22G

FIBER 7G

TOTAL SUGARS 5G

ADDED SUGARS 0G

SODIUM 420MG



INGREDIENTS

- 1 large celery root
- 2 tablespoons olive oil
- 2 cups chicken broth, reduced sodium
- 1 clove garlic
- 2 sprigs thyme
- 1 dried bay leaf
- Salt
- 4 salmon fillets, skin on, pin bones removed
- $\frac{3}{4}$ teaspoon lemon pepper or black pepper
- 1 lb (500 g) Brussels sprouts
- 1 tablespoon capers, drained and rinsed
- Juice of $\frac{1}{2}$ lemon

INSTRUCTIONS

Preheat the oven to 425°F. Trim and peel the celery root and cut it into 1-inch chunks. In a saucepan over medium heat, warm 1 tablespoon of the olive oil. Add the celery root and sauté, stirring frequently, until the celery root begins to brown and soften, 4 minutes.

Add $\frac{1}{2}$ cup water, and the chicken broth, garlic, thyme, and bay leaf. Bring to a simmer, cover, and cook until the celery root is very tender when pierced with a fork, 12 to 15 minutes. Drain, reserving the cooking liquid. Discard the thyme and bay leaf.

Transfer the celery root to the bowl of a food processor and process until smooth. With the machine running, gradually add enough cooking liquid to make a loose, creamy puree, stopping to scrape down the sides of the bowl once or twice. Season with $\frac{1}{4}$ teaspoon salt. Keep warm.

Meanwhile, season the salmon with $\frac{1}{2}$ teaspoon salt and the lemon pepper. Place the salmon, skin-side down, on a small baking sheet lined with parchment. Trim the Brussels sprouts and separate them into leaves, by cutting the base and pulling off the leaves until you get to the small core. In a large bowl, toss the leaves with the remaining 1 tablespoon of olive oil, $\frac{1}{4}$ teaspoon salt, and the capers, massaging the oil into the leaves to coat. Arrange the leaves in a single layer on a baking sheet.

Place the salmon and Brussels sprouts in the oven and roast until the salmon flakes easily when pierced with a fork but is still pink at the center, 10 to 12 minutes, and the leaves are browned and crisp, 12 to 15 minutes. Spoon the whipped celery root onto plates, top with the salmon fillets, and finish with the Brussels sprout leaves and capers. Squeeze the lemon juice over the salmon and serve warm.

Makes 4 servings