

*Gourmet*

## Pan Seared Salmon with Peppers

### INGREDIENTS

- 4 (6 ounce) Salmon Filets.....
- 1 Red Bell Pepper (diced).....
- 1 Yellow Bell Pepper (diced).....
- 1 Lemon.....
- 1 Shallot.....
- 1 bunch Green Onions.....
- 1 Clove Garlic.....
- 2 teaspoons Vegetable Oil.....
- 1 teaspoon Land of Lakes Butter.....
- Freshly Ground Black Pepper.....
- Salt.....

### PREPARATION

- Mince Shallot and Garlic Clove. In a small bowl, combine 3 teaspoons of the minced Shallot and Garlic mixture with the juice of 1 Lemon.
- Heat 2 teaspoons of Vegetable Oil in medium skillet. Place diced Red and Yellow Bell Peppers in skillet and sauté for 3 minutes. Cut the green stems off of 1 bunch of Green Onions and warm in the skillet at the side of the Bell Peppers. Set aside.
- Salt and Pepper the Salmon portions. In a large skillet melt the teaspoon of Land of Lakes Butter and fry the salmon fillets until they are flaky on the inside and a little golden on the outside (about 4 minutes on the first side and 3 to 4 minutes on the second side).

Serve on a white plate. Place the Salmon on the plate, drizzle the Lemon, Garlic, and Shallot mixture over the top. Spoon the Bell Pepper mixture on top of that. Lay the Green Onions to the side.

**SERVES 4.**