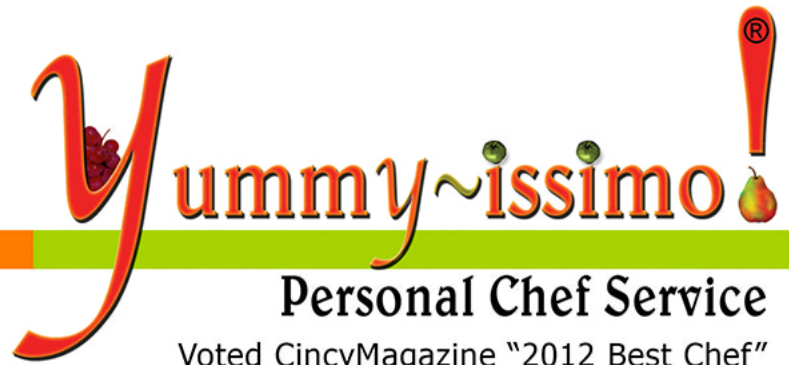


Salmon Florentine w/Tuscan Beans



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

4 ~ 6oz salmon filets, skinned

1t dried dill

coarse black pepper

1T olive oil

1/4c chicken broth, low sodium

1 ~ 15oz can cannellini beans, do not drain

6c fresh spinach

Heat oil in heavy skillet over medium~high heat. Sprinkle salmon with dill and pepper. Sauté salmon, about 2 minutes each side.

Reduce heat to medium~low. Add chicken broth and beans. Partially cover and simmer 5 minutes or until salmon is just cooked through.

Remove salmon from skillet, leaving beans and liquid in skillet. Add spinach into skillet and toss until spinach is coated and wilted. Top salmon with beans and spinach.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

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