

Salmon with Pea Puree

Cooking spray
1 cup sliced leeks
1 1/2 cups peas
1/2 cup white wine
1/4 cup water
4 (6 ounces each) skinless salmon fillets
1/4 teaspoon salt
1/4 cup half-and-half
1/4 teaspoon salt
1/4 teaspoon pepper



Spray 2-quart saucepan with cooking spray. Cook sliced leeks on medium 2 minutes, stirring. Add peas, white wine, and water; heat to boiling. Reduce heat to medium; simmer 5 to 6 minutes or until reduced by half.

Meanwhile, spray 12-inch nonstick skillet with cooking spray; heat on medium 1 minute. Sprinkle salmon fillets with 1/4 teaspoon salt; cook 10 minutes or until just opaque in center, turning once.

While fish cooks, puree pea mixture in blender with half-and-half, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Serve with salmon.