

Broiled Salmon with a Tomato-Basil Broth  
(serves 4)

4 6 ounce Salmon Filets  
1 T chopped thyme  
3 T olive oil  
1 lemon zested and juiced  
2 Cups assorted mushrooms ( white, crimini and or shitake)  
1 Cup quartered artichokes (can)  
1 bunch of kale (torn off of the vine)  
1 Cup chopped tomatoes  
1 clove of garlic  
5 leaves of basil - chopped +2 whole  
1 shallot chopped  
Salt and pepper to taste

1. Mix salmon with 2 T fresh thyme, lemon zest and juice and season with salt and pepper. Broil on HIGH for 4 minutes and allow to rest on stove top. Squeeze fresh lemon juice on top of fish when removed.
2. Heat a large sauté pan with 2 T olive oil and add mushrooms. Cook for 5 minutes, allowing mushrooms to brown. Season with salt and pepper.
3. Add kale, artichokes and the rest of the thyme. Cook until the kale is wilted. TASTE.
4. In a blender, combine tomatoes, basil, garlic, shallot and 1 T olive oil. Puree and TASTE. Heat on the stove top and allow to simmer for five minutes
5. Place mushroom mixture on plate. Top with fish and pour sauce over the top.