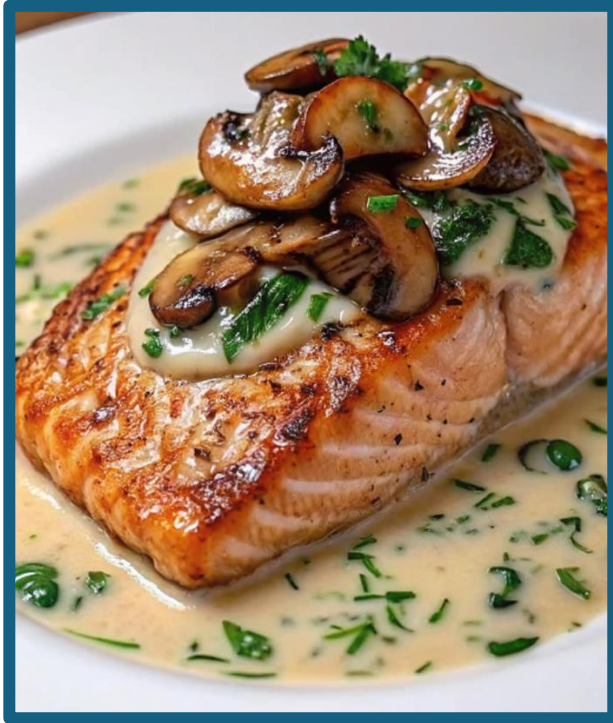


CREAMY GARLIC MUSHROOM SALMON



Ingredients:

For the salmon:

4 salmon fillets (6 oz each)
2 tablespoons olive oil
1 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon black pepper

For the sauce:

2 tablespoons butter
2 garlic cloves, minced
1 cup mushrooms, sliced
1 cup fresh spinach, chopped
1 cup heavy cream
1/2 cup vegetable broth
1/4 cup grated Parmesan cheese
1 teaspoon Italian seasoning
Salt and pepper to taste

Instructions:

Prep time: 10 min./Cooking time: 20 min./Servings: 4

Season the salmon fillets with paprika, salt, and black pepper. Heat olive oil in a large skillet over medium heat. Sear the salmon for 4-5 minutes on each side until golden and cooked through. Remove from skillet and set aside.

In the same skillet, melt butter and sauté garlic for 1 minute. Add mushrooms and cook for 3-4 minutes until tender.

Stir in the chopped spinach and cook until wilted.

Add heavy cream, vegetable broth, Parmesan cheese, Italian seasoning, salt, and pepper. Simmer for 3-4 minutes until the sauce thickens slightly.

Return the salmon fillets to the skillet, spooning the creamy mushroom sauce over the top. Let it simmer for 1-2 minutes to heat through.

Serve hot with your favorite side dish, like mashed potatoes or rice.