

Pan Roasted Salmon with Sweet Peppers

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| 1 T. olive oil | 1/3 c. dry white wine |
| 1 red pepper, chopped | 2 T. thyme leaves |
| 1 yellow pepper, chopped | cayenne pepper, to taste |
| 3 garlic cloves, sliced | salt and pepper, to taste |
| 1 T. wine vinegar | 1 T. parsley, chopped |
| 2 salmon steaks | |

Heat oil in a large skillet and sauté peppers and garlic over high heat for 1 minute; stir constantly. Add vinegar and cook 1 minute more. Push pepper to side of the pan, lay in the salmon, cook 30 seconds, then turn over. Add wine. Sprinkle with thyme, cayenne, salt, and pepper and spoon peppers over salmon. Put lid on the skillet and cook over medium heat for 6 minutes or until salmon flakes when fork tested. Sprinkle with parsley and serve.

Recipe Submitted By: Sarah Peek

Created By: Holy Protection of the Mother of God Byzantine Catholic Church, Ladies Guild

From: Denver, CO

Proceeds Support: Ladies Guild Ministries

Sales: \$7,700

Special Features:

Iconic Treasures – Holy Protection of the Mother of God Byzantine Catholic Church offers year-round favorites ranging from light, summer fare to hearty winter meals. There’s a special section titled “Ethnic Favorites,” with treats such as “Polish Nut Rolls” and “Slovak Slivovitz Cake.” In order to showcase the Byzantine faith, this group chose to add several personal pages explaining its history and customs, including the ingredients needed for a “Traditional Easter Basket.” The Ladies Guild also created a colorful custom cover and dividers full of photos and artwork. This cookbook serves as a great example of how churches can raise thousands by publishing their own cookbooks with Morris Press Cookbooks.

