

Salmon Pressure Cooker Dinner

Ingredients:

- Nonstick spray
- 2 small sweet potatoes, peeled and large diced
- 1/2 cup water
- 2 frozen salmon fillets
- 2 teaspoons no salt added seasoning
- 1 orange, thinly sliced
- 1 small heads of broccoli, cut into large pieces
- ¼ teaspoon ground black pepper

Directions:

1. Spray the inside of pressure cooker insert with non stick spray.
2. Add potatoes to the bottom, spraying the top with oil. Pour in 1/2 cup of water on top.
3. Place the trivet on top of the potatoes, then lay out 1/2 of the orange slices on the bottom of the trivet. Add the fish on top of the oranges, skin-side down.
4. Sprinkle a generous amount of seasoning on the tops of the fish fillets. Top with remaining orange slices on top of the fish.
5. Place the small aluminum bowl on top of the fish. Add the broccoli, non stick spray, and sprinkle with salt and pepper.
6. Pressure cook for 7 minutes on high. When cooking is complete, immediately quick release the steam and open the lid.
7. Divide broccoli, salmon, and potatoes between two plates, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories **335**

% Daily Value*

Total Fat 5.7g **7%**

Saturated Fat 0g **0%**

Cholesterol 98mg **33%**

Sodium 278mg **12%**

Total Carbohydrate 45.9g **17%**

Dietary Fiber 10.9g **39%**

Total Sugars 18.7g

Protein 30g