**Elegant Poached Salmon in White Wine Sauce with Asparagus**

1 lb wild salmon fillets

4 cups water ½ cup shallots, finely chopped

1 red or green bell pepper, de-seeded and chopped

2 cups dry white wine

1 lemon juiced (2 Tbsp)

¼ cup fresh flat leaf parsley, chopped

2 cups or 1 lb asparagus, trimmed and steamed

1. Poach salmon in water for 10 minutes. Drain and set aside.

2. In a large pot, simmer shallots and peppers in white wine over medium-high heat until the wine has reduced to one third.

3. Add the salmon to the pot, spooning the sauce over the salmon.

Continue cooking over medium heat for 5 minutes, allowing the salmon to absorb the flavors and liquid to reduce further.

Add lemon juice and parsley.

4. Serve with steamed asparagus and garnish with a lemon wedge. Recipe is: Pescatarian, Gluten free, Low carb, Low sodium