



# CROCKPOT CREAMY TUSCAN SALMON

By Miriam Rees  
(Standard/Maintenance)

Crockpot Creamy Tuscan Salmon is comfort and flavor in one slow-cooked, creamy dish! Tender salmon fillets melt in your mouth alongside sun-dried tomatoes, fresh spinach, and a luscious garlic-butter cream sauce. Perfectly balanced with protein, healthy fats, and veggies, it's a simple yet impressive meal for both weight loss and maintenance. This fan-favorite recipe comes from our coach Miriam Rees, who delighted participants during the recent Crockpot Challenge—now you can recreate it at home!

Makes approximately 4 servings. One serving covers your protein, fat, and vegetables (1/2 cup cooked).



## INGREDIENTS

- 4 salmon fillets (4 oz each)
- 2 cloves garlic, minced
- 2 tbsp Kerry Gold butter
- 1/2 cup chopped sun-dried tomatoes (like Delallo or Mezetta, no sulfites)
- 3 cups spinach
- 3/4 cup organic heavy cream, more if needed



## **DIRECTIONS**

Place the salmon fillets, minced garlic, butter, and sun-dried tomatoes into the Crock-Pot.

Cook on LOW for 2–3 hours or on HIGH for 1–1.5 hours, until the salmon is cooked through.

About 30 minutes before serving, add the spinach and heavy cream, stirring gently to combine.

Serve hot and enjoy!