

Salmon Florentine



Ingredients:

- 3 salmon filets (4 oz each)
- 4.5 oz fresh spinach
- ¼ tsp garlic (minced)
- 1 tsp pepper lemon (salt free)
- ¼ tsp sat

Directions:

1. Lightly spray a preheated sauté pan over medium heat with vegetable oil spray.
2. Season salmon filet with salt on top and bottom. Place in a preheated sauté pan with the top of the fish face down, cook for 3-4 minutes until fish can easily be removed from the pan. Remove from pan, flip the fish over to the bottom side and continue cooking for another 3-4 minutes until fish reaches 145 degrees F for 15 seconds. Set aside.
3. Add spinach, garlic, lemon pepper seasoning and sauté until spinach is wilted and garlic is fragrant. Once wilted, layer spinach on top of cooked salmon filet and serve immediately.

Nutritional information:

Calories	190
Total Fat.....	12 g
Saturated Fat	2.5 g
Cholesterol	50 mg
Total Carbohydrate....	2 g
Dietary Fiber	1 g
Protein	19 g
Sodium	230 mg
Serving Size	1 filet and topping
Recipes Yields.....	3 servings

Prep time: 15 minutes

Cook time: 15 minutes

Adjusted from: Sedexo Inc.

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