

Spinach-Stuffed Baked Salmon



Get some heart-healthy omega-3 fats with this vegetable and seafood dish.

- 208 Calories per serving
- 1.0 g Saturated Fat per serving
- 280 mg Sodium per serving

Ingredients

- + 1 tsp. **olive oil** (extra virgin preferred)
- + 2 oz. **spinach**
- + 1 tsp. grated **lemon zest**
- + 1/4 cup chopped, roasted **red bell peppers**, rinsed and drained if bottled
- + 1/4 cup fresh **basil** (coarsely chopped)
- + 2 Tbsp. chopped **walnuts**
- + **Cooking spray**
- + 4 **salmon fillets** (about 4 ounces each), rinsed, patted dry
- + 2 Tbsp. **Dijon mustard** (lowest sodium available)
- + 2 Tbsp. plain dry **bread crumbs**, lowest sodium available
- + 1/2 tsp. dried **oregano** (crumbled)
- + 1/2 tsp. **garlic powder**
- + 1/8 tsp. **pepper**

Directions

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for 2 minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the roasted peppers, basil, and walnuts. Let cool for 5 minutes.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Cut a lengthwise slit in the side of each fillet to make a pocket for the stuffing. Be careful to not cut through to the other side. With a spoon or your fingers, carefully stuff a scant 1/2 cup spinach mixture into each fillet. Transfer to the baking sheet. With a pastry brush or spoon, spread the mustard over the fish.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray the top with cooking spray.
5. Bake for 12 to 13 minutes, or until the fish is the desired doneness and the filling is heated through.

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