

GREEK SALMON

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 4 (Serving = 1 salmon filet with topping)

Nutrition (per serving)

Calories: 369

Total Carbohydrate: 19 g

Total Fat: 18 g

Dietary Fiber: 7 g

Saturated Fat: 3 g

Protein: 33 g

Sodium: 544 mg



Ingredients

- Cooking spray
- 4 – 4 ounce salmon fillets
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 Tablespoon extra-virgin olive oil
- 3 pounds (about 30 cups) raw spinach leaves
- 1 ½ Tablespoons balsamic vinegar
- 1/8 teaspoon ground nutmeg
- Pinch of salt and pepper
- 1-14.5 ounce can diced tomatoes, no salt added
- 4 ounces tomato sauce, no salt added
- 1-3.8 ounce can sliced black olives, drained and rinsed
- ½ Tablespoon dried basil
- ½ Tablespoon dried oregano
- 1 teaspoon garlic, minced
- 1/2 cup reduced fat feta cheese



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Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Sprinkle salmon with basil and oregano. Place salmon on sprayed baking sheet.
3. Bake for about 6 minutes.
4. While salmon is baking, heat olive oil on medium heat in a large skillet. Cook spinach in batches to allow room in skillet. Half way through cooking, add balsamic, nutmeg, salt and pepper. Sauté for 3 minutes or until all spinach is cooked down. Divide evenly onto each serving plate.
5. Combine the rest of the ingredients (except the cheese) in the same skillet and cook on medium-high heat for 3-5 minutes.
6. Place salmon on top of bed of cooked spinach and pour ½ cup of tomato mixture over it. Sprinkle with 2 Tablespoons of feta cheese.



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