

Salmon Florentine

Serves 4; 3 ounces fish and ½ cup spinach per serving

Ingredients

- Vegetable oil spray
- 4 salmon fillets (about 4 ounces each)
- 1 tablespoon salt-free all-purpose seasoning blend
- 1 teaspoon olive oil
- 1 teaspoon pepper
- 1 teaspoon paprika
- 2 medium garlic cloves, minced
- 1 teaspoon water
- ¼ teaspoon salt
- 6 to 8 cups fresh baby spinach leaves
- 6-ounce jar marinated artichoke hearts, drained and chopped

Directions

Preheat the oven to 375 F. Lightly spray a 13x9x2-inch baking pan with vegetable oil spray.

Rinse the fish and pat dry with paper towels.

In a small bowl, combine the seasoning blend, oil, pepper, paprika, garlic, water, and salt. Brush the seasoning mixture over both sides of the fish.

To assemble, put the spinach in the baking pan, covering the bottom. Put the salmon and artichokes on the spinach. Lightly spray with vegetable oil spray.

Bake, uncovered, for 15 to 20 minutes, or until the fish flakes easily when tested with a fork.

Nutrition Analysis (per serving)

Calories	199	Fiber	3 g
Protein	24 g	Sodium	385 mg
Carbohydrates	6 g	Total fat	9.5 g
Cholesterol	59 mg	Saturated fat	1 g

This recipe is reprinted with permission from the American Heart Association