

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!



BBQ Salmon with Steamed Spinach

Ingredients

- 1 (2 ¼ lb) salmon fillet
- 1 tsp olive oil
- ½ tsp salt
- ½ tsp pepper
- ½ tsp cumin, coriander, paprika, cinnamon (optional)
- 2 garlic cloves, minced
- 2 packages fresh baby spinach
- 1 lemon

Instructions

1. Preheat oven to 400° or turn on your BBQ.
2. Rub salmon with olive oil, salt and pepper, and desired spices.
3. Bake for 20 minutes or cook on the BBQ for 10-15 minutes (until fish flakes easily when tested with a fork).
4. Meanwhile, cook spinach and garlic in a skillet over medium heat for 2-4 minutes. Add a squeeze of lemon and pinch of salt.
5. Serve salmon on top of spinach.

Alternative: Instead of spinach, serve salmon with a grapefruit and avocado salad! Simply peel and segment grapefruit, and combine with arugula, avocado, and a light vinaigrette.

Nutritional Info (per serving)	Calories: 325
Fat: 13.2g	Saturated Fat: 2g
Protein: 40.3g	Carbohydrates: 10.7g
Fiber: 3.4g	Sodium: 472mg

Cooking Light. (2007). Spice-rubbed roasted salmon with lemon-garlic spinach. Retrieved from <http://www.myrecipes.com/>