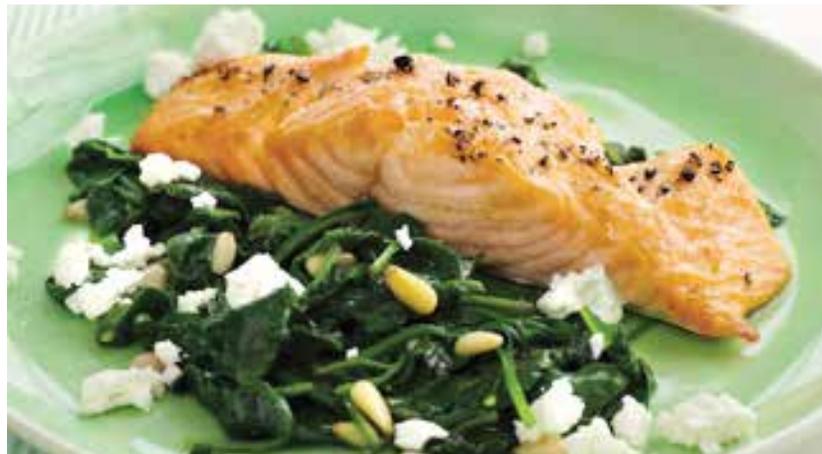


QUICK & HEALTHY MEAL IDEAS

BBQ SALMON WITH STEAMED SPINACH

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

BBQ SALMON WITH STEAMED SPINACH



Instructions

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

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

NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	377
FAT	16 g
PROTEIN	13 g
FIBER	10 g
SATURATED FAT	65 g
CARBOHYDRATES	46 g
SODIUM	679 mg

Cooking Light • (2007) • Spice-rubbed roasted salmon with lemon-garlic spinach • Retrieved from