

Baked Salmon with Spinach Pesto

Publix Family Style Magazine - Fall 2011

Servings: 4

Start to Finish Time: 40 minutes

4 6-ounce fresh or frozen salmon fillets
salt
ground black pepper
1 cup fresh basil leaves
2 cups fresh spinach leaves
2/3 cup walnuts
2/3 cup Parmesan cheese or Romano cheese, grated
1/2 cup olive oil
4 cloves garlic, peeled and quartered
1/2 teaspoon salt
1/4 teaspoon ground black pepper.
4 thick slices Italian five-grain bread
1 clove garlic, peeled and halved
4 slices Swiss cheese
2 oranges (optional), quartered

Thaw salmon, if frozen.

Preheat the oven to 400 degrees.

Line a large baking sheet with foil.

Place the salmon on the foil-lined baking sheet. Sprinkle lightly with salt and pepper. Cover the salmon with foil.

Bake 15 to 20 minutes or until the fish flakes easily with a fork.

In a food processor or blender, combine the basil, spinach, walnuts, Parmesan, oil, garlic, salt and pepper. Cover and process or blend until nearly smooth. Reserve 1/2 cup of the pesto. Cover and chill until needed. Set aside the remaining pesto for future use.

Rub the bread slices with the cut sides of the garlic clove. Top each slice of bread with a slice of Swiss cheese. Place the bread on the baking sheet beside the salmon.

Bake for 5 minutes more or until the cheese is melted and the bread is toasted.

Remove the salmon and garlic toasts from the oven.

Spoon some of the pesto onto each of the salmon fillets.

Serve with orange quarters as garnish, if desired.

Per Serving (excluding unknown items): 797 Calories; 70g Fat (77.6% calories from fat); 38g Protein; 8g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 562mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 11 Fat.