



Almond Crusted Salmon and Spinach

1 pound salmon

1/2 cup sliced almonds, coarsely chopped

1 tablespoon finely chopped fresh dill or a
teaspoon dried

1 tablespoon plus 2 teaspoon extra virgin olive
oil

1 teaspoon salt

Pepper

1 Tablespoon Dijon mustard

2 cloves garlic, slivered

1 pound baby spinach

Zest and juice of 1 lemon, divided

Lemon wedges for garnish

Preheat oven to 400. Coat a baking sheet with foil and cooking spray.

Combine lemon zest, almonds, dill, 1 tablespoon oil, ½ teaspoon salt and pepper in a small bowl. Place fish on the prepared baking sheet and spread each portion with 1 teaspoon mustard. Divide the almond mixture among the portions, pressing it onto the mustard.

Bake the fish until opaque in the center, 7-9 minutes, depending on thickness.

Meanwhile in a large skillet over medium heat, combine garlic and 2 teaspoons olive oil. (about 30 seconds). Stir in spinach, lemon juice and the remaining ½ teaspoon salt; season with pepper. Cook for 2-4 minutes. Serve with fish and lemon wedges.