

## **Citrus Salmon with Garlicky Greens**

2 teaspoons grated orange rind  
1/2 cup fresh orange juice (about 1 orange)  
1/4 cup low-sodium soy sauce  
4 (6-oz.) salmon fillets (about 1 inch thick)  
Cooking spray  
2 teaspoons vegetable oil  
2-3 cloves garlic, minced  
1/2 teaspoon sea salt  
2 (10-oz.) packages fresh spinach (about 20 cups)  
1 tablespoon seasoned rice vinegar  
2 tablespoons green onions, thinly sliced (optional)

### **To Prepare and Cook Salmon**

1. Combine first 3 ingredients in a zip-top plastic bag; add salmon. Seal bag, marinate in refrigerator 30 minutes.
2. Preheat oven to 500°.
3. Remove fillets from bag, and discard marinade. Place the fillets, skin sides down, in a shallow roasting pan coated with cooking spray. Cook at 500° for 13 minutes or until fish flakes easily when tested with a fork.

### **To Prepare and Cook Garlicky Greens**

4. Heat the oil in a Chef's pan or Dutch oven over medium-high heat.
5. Add garlic, salt, and one package (or 10 cups) of spinach, sauté 1 minute or until spinach wilts. Add remaining spinach, and cook 2 minutes or until the spinach wilts, stirring frequently.
6. Remove from heat, toss with rice vinegar.

### **To Serve**

7. Arrange 2/3 cup spinach mixture on each of 4 plates; add 1 salmon fillet. Garnish with onions, if desired.

**Makes 4 servings.**

*Per serving: 272 calories (42% from fat); 12.6g fat (2.7g sat, 4.8g mono, 3.9g poly); 31.8g protein, 8.6g carbohydrate, 4.1g fiber, 65mg cholesterol, 4.5g iron, 807mg sodium, 161 mg calcium.*

Source: *Cooking Light Magazine*

Comments: We love the combination of the tangy spinach with the salmon. Since this spinach side dish is so easy to prepare and quick to cook, I often fix it with other fish or chicken, and I usually use olive oil rather than vegetable oil. Cooking the spinach creates quite a bit of steam, so it is best to open some ports while this cooks. When on the boat, we usually cook the salmon on the barbecue rather than trying to cook it in such a hot oven. Cooking Light suggests that this can be served with mashed red-skin potatoes or orzo tossed with olive oil.