

Salmon Florentine

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 25 minutes

Serves: 4

CChints: Salmon is one of the most healthy fish you can eat because of the natural Omega 3 oils which is heart healthy. Plan on purchasing your fish the same day you are going to cook it to be sure it is fresh. Some pieces will be fattier than others and you will know by the amount of white lines in the filets. Try to buy pieces that are the same size and thickness so they cook evenly.



2 – 10 ounce boxes frozen chopped spinach, thawed and squeezed dry
2 teaspoons olive oil
1/4 cup minced shallots
2 gloves of minced garlic, fresh or from a jar
1/2 cup sun-dried tomatoes, chopped
1/2 teaspoon salt and dash of black pepper
1/2 cup part-skim ricotta cheese
7 – 9 ounce packaged buttery rice mix of your choice
4 skinless salmon filets
Sprinkle with salt and pepper to taste

Heat your oven to 375 degree F. and locate 9 x 13 baking dish lined with a silicone baking mat or quick release foil for easy clean up. Look at the directions on your box of rice. It could take 20 – 25 minutes, so the goal is to have the rice done when the salmon is ready.

Squeeze out all the liquid from the spinach and put in medium mixing bowl.

Add the oil to a nonstick skillet over medium heat. Add the shallots and cook for 2-3 minutes until they soften. Stir in the garlic for 1 minute, then add the spinach, tomatoes through pepper. Stir occasionally for 2 minutes and remove the pan from the heat. Transfer with mixing back into the mixing bowl to cool for about 10 minutes. Now might be the time to start your rice.

During this time, rinse your fish and pat them dry with paper towels. Sprinkle with salt and pepper and lay in the baking pan about 1 inch apart.

When the 10 minutes have passed, stir in the ricotta cheese and set side. Spoon about 1/2 cup of the mixture on top of each filet, spreading it out evenly. Bake for 15 minutes. Salmon doesn't flake as much as other fish because of the natural oils, so if you are not sure if it is done, you need to cut into the center of one and it should be pink but not a dark moist pink.

While the fish and rice are cooking you can do a little clean up and set the table.

Serve the fish over the rice and enjoy.