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Grilled Salmon with Tomatoes, Spinach and Capers

Vitamin D rich salmon and calcium rich spinach combine to provide protection for your bones. Tastes great, too!

INGREDIENTS

4 fish, salmon fillet, 6 oz (170g), skin on
Pepper, black ground, to taste
1 Tbsp (15mL) oil, olive, extra-virgin
1 medium onion, chopped
2 cloves garlic, minced
1 lb (453g) tomatoes plum, chopped
3 oz (85g) spinach, baby
1 Tbsp (15mL) capers, rinsed and drained
1 lemon cut into 4 wedges

DIRECTIONS

Heat the oven to broil. Lightly coat a large heat-resistant baking dish with cooking spray. Place salmon, flesh side up, in the baking dish, lightly season with salt and pepper, and broil without turning until salmon is cooked through, 8 to 10 minutes. Meanwhile, in a large saucepan, heat oil over medium heat. Add onion and garlic; cook, stirring occasionally, until softened, about 7 minutes. Stir in tomatoes, spinach, and capers; cook for 2 minutes longer. Remove the pan from the heat. Remove salmon from broiler and transfer to 4 serving plates. Spoon tomato mixture over salmon, squeeze lemon wedges over the top, and serve warm.

Nutrition Info: Cal 386; Carbs 10g; Fat 22g; Protein 36g; Sodium 273g, Dietary Fiber 3g

Source: <http://www.everydayhealth.com/health-recipe/grilled-salmon-with-tomatoes-spinach-and-capers.aspx>