

Spinach & Feta Stuffed Salmon



This was a delicious salmon recipe. My husband, Kevin, isn't a fan of salmon but since it's so good for you, we look for new ways to prepare it. This was not only nutritious but also delicious. If you're not a fan of salmon, try this one as these flavors combine so well to create a dish minus the strong salmon taste. It passed the "Kevin test" so this is our new go-to salmon recipe. We made ours overstuffed with spinach and used more than the recipe called for as we love our veggies, as you can see in the pictures above. You could use kale or whatever greens you prefer for this recipe. Bon Appetit!

Ingredients

- 2 tablespoons olive oil, divided
- 4 (6-ounces) salmon fillets
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 3 cups baby spinach
- 1/3 cup crumbled feta
- 1 teaspoon salt
- Microgreens ~ Optional topping

Instructions

1. Preheat the oven to 400 degrees F (200 C).
2. Heat 1 tablespoon of olive oil in large skillet over medium-high heat.
3. Sauté onions and garlic for 3 to 4 minutes, or until onions are translucent.
4. Add the spinach and cook until wilted. Remove pan from heat and stir in feta.
5. Flip salmon fillets on their side and cut lengthwise to create a pocket.
6. Divide spinach mixture into four equal parts and stuff each fillet.
7. Drizzle fillets with remaining olive oil. Bake on rimmed cookie sheet for 8 to 10 minutes, or until salmon flakes apart.

Source: From This Healthy Table for Simply Made Health, LLC