

## Easy Pesto Baked Salmon

Makes 2 servings

### *Ingredients*

2 cups fresh baby spinach  
½ cup fresh basil leaves  
¼ cup salt-free chicken or vegetable broth  
2 teaspoons olive oil  
3 peeled garlic cloves  
Vegetable cooking spray  
2 (4-ounce) salmon filets, no  
skin 2 lemon wedges for  
serving

### *Directions*

1. Preheat the oven to 400 degrees.
2. Place spinach, basil, broth, oil and garlic cloves in a blender or food processor. Blend until smooth.
3. Coat an 8-inch square baking dish with cooking spray. Spoon ⅓ of the pesto mixture on the bottom of the pan. Place salmon filets on top of the pesto. Cover the filets evenly with the remaining pesto.
4. Bake in a hot oven for 15-20 minutes or until the fish flakes easily when tested with a fork. Serve with lemon wedge.

Note: Bake an extra salmon to make into salmon cakes on another night. Mix flaked leftover salmon with egg whites, bread crumbs and finely diced red onion before forming into cakes. Grill in a nonstick pan coated with cooking spray. Cook for 3-4 minutes per side or until lightly browned. Serve with a dollop of nonfat Greek yogurt mixed with a spoonful of relish.