

Preventing Women's Heart Disease Through Education



CAROL For Heart

Pomegranate Glazed Salmon with Sautéed Spinach

Servings: 2

2 tablespoons olive oil, divided
2 5-ounce salmon fillets with skin
1 large shallot, minced
2 9-ounce bags spinach leaves
1-½ tablespoons pomegranate syrup
1-½ tablespoons balsamic vinegar
1 tablespoon honey
Salt and pepper

- Bring a heavy skillet to medium-high heat and add 1 tablespoon of the oil.
- Season fish lightly with salt and pepper.
- Add fish to pan. Cook, turning once, until nicely browned and center is just cooked through. Remove from pan; keep warm.
- Add remaining oil to pan. Cook shallot until tender. Add spinach; cook until tender. Transfer to serving platter and top with fish.
- Turn off heat. Add pomegranate syrup, vinegar and honey to pan. Stir to combine; pour over fish. Serve.

Per Serving (excluding unknown items) 1 salmon fillet: 527 Calories; 89mg Cholesterol; 11g Protein; 566mg Sodium; 24.3g Carbohydrate; 5.6g Fiber; 31.9g Total fat; 5.6g Saturated fat; 26% Calcium.*

**Based on a 2000 calorie diet. 12:58*

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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