

## Salmon with Herb-Almond Crust

Simple Every Day | February 2008



*Perfect for weeknight romance, this fabulous French bistro classic takes just 30 minutes to make.*

PREP: 25 MINUTES BAKE: 4 TO 6 MINUTES OVEN: 450°

- 1 RECIPE LENTILS AND SPINACH (OPTIONAL)
- 2 6-OZ. WILD SALMON FILLETS, SKINNED
- 3 TBSP. CHOPPED ALMONDS
- 2 TBSP. BUTTER, SOFTENED
- 2 TBSP. FINE DRY BREAD CRUMBS
- 1 TBSP. GRATED PARMESAN CHEESE
- 2 TSP. SNIPPED FRESH BASIL AND/OR ITALIAN (FLAT-LEAF) PARSLEY
- 1/2 TSP. FINELY SHREDDED LEMON PEEL
- 1 CLOVE GARLIC, MINCED (OR 1/2 TSP. BOTTLED MINCED GARLIC)
- 1/8 TSP. FRESHLY GROUND BLACK PEPPER

Prepare *Lentils and Spinach*, if desired. While lentils cook, prepare fish. Rinse fish; pat dry. Measure thickness of fish; set aside. In a small bowl combine almonds, butter, bread crumbs, Parmesan, basil, lemon peel, garlic, and black pepper. Place fish on the greased rack of a broiler pan. Spoon nut mixture on top of fillets; spread slightly. Bake fish in a 450° oven for 4 to 6 minutes per 1/2-inch thickness, or until fish flakes easily with a fork. Serve each piece of fish on a bed of the *Lentils and Spinach*, if desired. Makes 2 servings.

**LENTILS AND SPINACH:** In a medium saucepan combine one 14-ounce can reduced-sodium chicken broth; 3/4 cup lentils, washed and drained (see note below); 1/2 teaspoon dried thyme, crushed; and a bay leaf. If desired, add 1/4 cup each finely chopped onion and carrot. Bring to boiling; reduce heat and cook, covered, 25 minutes or until tender. Add 2 cups coarsely chopped spinach and cover; cook 1 minute more or just until spinach wilts. Remove bay leaf, drain any remaining liquid, and serve.

Per serving (salmon only): 434 cal., 28 g fat (10 g sat. fat), 126 mg chol., 245 mg sodium, 7 g carbo., 1 g fiber, 37 g pro.

### LOVELY LENTILS

Lentils are one of the few legumes that don't require soaking before cooking, and they're rich in iron and fiber. You can use regular brown lentils in this dish, but French du Puy lentils are worth seeking out. They have a delicious peppery taste and hold their shape nicely when cooked. \$9/17.5-oz. box; [cooking.com](http://cooking.com).