

Zucchini Bread Recipes

Baked Stuffed Salmon With Spinach And Feta

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each), skin on
- [ ] 2 cups fresh spinach, loosely packed
- [ ] 1/2 cup crumbled feta cheese
- [ ] 1 garlic clove, minced
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Optional Garnish

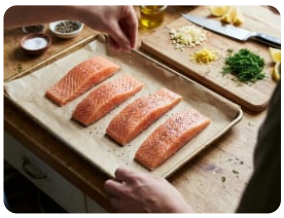
- [ ] Fresh chopped dill
- [ ] Lemon wedges

Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment.



2. Place salmon fillets skin-side down, season lightly with salt and pepper.



3. In a skillet, heat 1 tbsp olive oil over medium heat, add garlic, then wilt spinach for 2-3 minutes; remove from heat and let cool slightly.



4. Mix wilted spinach with feta, lemon zest, and the remaining olive oil; season with a pinch of salt.



5 Using a sharp knife, cut a pocket into the side of each fillet, being careful not to cut through the other side.



6 Stuff each pocket with an even amount of the spinach-feta mixture.



7 Bake for 18-20 minutes, until salmon flakes easily and the topping is lightly golden.



8 Finish with a squeeze of lemon and sprinkle chopped dill before serving.

Nutrition per serving

420 kcal	38 g	5 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a little crust, broil for the last 2 minutes.
- Make sure the filling is not too wet; excess moisture can steam the salmon.
- You can prepare the filling up to 2 hours ahead and keep refrigerated.