



Spice Grilled Salmon

Salmon:

1/2 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon paprika
1/8 teaspoon freshly ground black pepper
1 (2 1/4-pound) salmon fillet
2 cups thinly sliced onion

Spinach:

1 teaspoon olive oil
2 garlic cloves, minced
2 (6-ounce) packages fresh baby spinach
1 tablespoon fresh lemon juice
Remaining ingredients:

Preparation

To prepare salmon, combine first 6 ingredients; rub spice mixture evenly over fish. Place onion in an 11 x 7-inch baking dish coated with cooking spray. Place fish on top of onion; bake at 400° for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. To prepare spinach, heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute. Add half of spinach; cook for 1 minute, stirring frequently. Add remaining spinach; cook 4 minutes or until wilted, stirring frequently. Sprinkle spinach mixture with rind and 1/4 teaspoon salt. Stir in juice; remove from heat. Place salmon on a platter. Arrange onions and spinach evenly around salmon. Sprinkle salmon with chopped fresh cilantro. Serve with lemon wedges, if desired.

Nutritional Info

Calories 325
Calories from fat 37 %
Fat 13.2 g
Saturated Fat 2 g
Monounsaturated Fat 4.6 g
Polyunsaturated Fat 5 g
Protein 40.3 g
Carbohydrate 10.7 g
Fiber 3.4 g
Cholesterol 107 mg
Iron 3.6 mg
Sodium 472 mg
Calcium 76 mg