



Salmon with Kale and Feta Sauté

4, 4 oz. skinless salmon fillets	1 bunch kale , chopped
Pinch each salt and pepper	½ cup feta cheese , crumbled
1 tbsp extra virgin olive oil	¼ cup slivered almonds , toasted
1 clove garlic , chopped	2 tsp fresh lemon juice

Preheat oven to 350° F. Season salmon with salt and pepper in an ovenproof dish. Bake salmon until opaque, about 10 minutes per inch of thickness. Meanwhile, in large skillet, heat oil over medium heat. Add garlic and sauté about 1 minute. Add kale and cook until tender, about 10 minutes. Remove from heat. Stir in feta, almonds and lemon juice. Divide mixture among 4 plates and top each with 1 salmon fillet.

Makes 4 servings. Each:

352 calories ♦ 32g protein ♦ 18g total fat
♦ 80mg chol ♦ 17g carb ♦ 3g sugar ♦
6g fiber ♦ 318mg sodium