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PAN-SEARED SALMON WITH MUSHROOMS AND SPINACH Intermediate Lifestyle

Ingredients

cooking spray
4 (6 oz.) salmon fillets (about 1" thick)
½ TSP Morton's "lite" salt, divided
¼ TSP black pepper
1 TSP olive oil
1 TBS thinly sliced shallots
1-1/2 cups pre-sliced mushrooms
2 cups fresh spinach
1 TSP grated lemon rind
1 TSP fresh lemon juice

Instructions

1. Heat a large nonstick skillet coated with cooking spray over medium-high heat.
2. Sprinkle fish with ¼ TSP salt and pepper. Add fish to pan. Cook 5 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan, and keep warm.
3. Add oil and shallots to pan. Sauté 1 minute.
4. Add mushrooms in a single layer. Cook 2 minutes (do not stir). Cook an additional 2 minutes, stirring frequently.
5. Add spinach. Cook 30 seconds or until spinach wilts. Remove from heat. Stir in ¼ TSP salt, lemon rind and lemon juice. Serve over fish.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 salmon fillet and ¼ cup spinach mixture = 1 PR, ½ V