

Sesame-Crusted Salmon on Kale

¼ cup sesame seeds

Pinch salt

4 salmon fillets (4 oz. each)

4 tsp olive oil, *divided*

1 tsp minced garlic

1 tsp minced ginger

8 cups kale

1 tbsp reduced sodium soy sauce

Preheat oven to 400°F. **Combine** sesame seeds and salt on a plate.

Press each salmon fillet in seeds to evenly coat 1 side. **Heat** 2 tsp oil in large, oven-proof skillet over medium heat. **Cook** the salmon, seed side down, for 5 minutes. **Transfer** to oven and cook for 10 minutes per inch of fish or until fish easily flakes with fork. **Meanwhile**, add remaining 2 tsp oil to another pan set over medium. **Add** garlic and ginger; sauté 1 minute. **Add** kale and sauté 5-8 minutes until wilted. **Stir** in soy sauce. **Serve** salmon atop kale.



Makes 4 servings. Per serving:

337 calories | 35g protein | 14g total fat | 2g saturated fat | 7g mono fat
5g poly fat | 17g carbohydrate | 2g sugar | 6g fiber | 340mg sodium