

## Herb-Crusted Salmon with Mixed Greens Salad

Chopped fresh herbs dress up salmon fillets, which are a great source of heart-healthy omega-3 fatty acids. The homemade vinaigrette brightens salad greens while keeping calories and fat in check. Serve salmon with lemon wedges.

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- **Yield:** 4 servings

### Ingredients

- Salmon:
  - 1/2 cup dry breadcrumbs
  - 2 teaspoons chopped fresh oregano
  - 2 teaspoons chopped fresh rosemary
  - 2 teaspoons chopped fresh flat-leaf parsley
  - 1 1/2 teaspoons grated lemon rind
  - 1/2 teaspoon black pepper
  - 2 garlic cloves, minced
  - 4 (6-ounce) salmon fillets (about 1 inch thick), skinned
- Cooking spray
- 1/4 teaspoon kosher salt
- Salad:
  - 1 tablespoon fresh lemon juice
  - 1 tablespoon extravirgin olive oil
  - 1 teaspoon Dijon mustard
  - 1/4 teaspoon kosher salt
  - 1/4 teaspoon black pepper
  - 4 cups mixed salad greens

### Preparation

1. To prepare salmon, combine the first 7 ingredients in a shallow dish or pie plate. Lightly coat both sides of fillets with cooking spray, and sprinkle evenly with 1/4 teaspoon salt. Dredge both sides of fillets in breadcrumb mixture.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fillets to pan; cook 3 minutes. Reduce heat to medium; carefully turn fillets over. Cook 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
3. To prepare salad, combine juice, oil, mustard, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Add mixed greens; toss gently to coat. Place 2/3 cup salad on each of 4 plates; top each serving with 1 fillet.

### *Nutritional Information*

#### **Amount per serving**

- Calories: 256
- Calories from fat: 33%
- Fat: 9.5g
- Saturated fat: 2g
- Monounsaturated fat: 4.6g
- Polyunsaturated fat: 2.2g
- Protein: 32.1g
- Carbohydrate: 9g
- Fiber: 1.8g
- Cholesterol: 70mg
- Iron: 2mg
- Sodium: 399mg
- Calcium: 110mg

WW Points Plus: 6

*Recipe courtesy of Wellness @ Work, [www.uncwellnessatwork.org](http://www.uncwellnessatwork.org).*