

February Heart Month
Featured 20 Minute Dinner



Menu

- Orange Dill Roasted Salmon
 - Sauteed Spinach
- Baked sweet potato fries
- Fresh or Frozen blueberries

Orange Dill Roasted Salmon



Ingredients

- 4 (4 oz) wild Alaskan salmon fillets – washed and patted dry
- 2 Tbsp Blood Orange Extra Virgin Olive Oil (purchased at Peak Olive Oil and Vinegar in Apex, NC or you can use plain extra virgin olive oil)
- 1 tsp Old Bay® Seasoning
- 1 tsp dill
- sea salt – to taste
- black pepper – to taste

Directions

- Drizzle 1½ tsp olive oil on each salmon fillet and brush evenly over the top.

- Sprinkle each fillet with ¼ tsp Old Bay seasoning and ¼ tsp dill.



- Place in shallow oven-proof baking dish sprayed with vegetable cooking spray.
- Bake in 400° pre-heated oven for 15 – 20 minutes. Check fillets halfway through cooking time. Salmon should separate into layers when done.
- Add salt and pepper to taste.

Serve

- Serve on a bed of sautéed spinach with sweet potato fries and blueberries.



Nutrition Information per Serving: Cal: 225, Pro: 24gm, Carb: 0gm, Fiber: 0gm, Total Fat: 13gm, Sat. Fat: 2gm, Trans Fat: 0gm, Omega 3 fat: 2gm, Sod: 150mg, Chol: 60mg

Sautéed Spinach



Ingredients

- 12 – 16 ounce fresh organic baby spinach
- 1 ½ Tbsp extra virgin olive oil
- 1 – 2 cloves fresh garlic – pressed (depending on how garlicky you like it)
- Sea salt – to taste
- Black pepper – to taste

Directions

- In large skillet, heat olive oil on Medium High heat.
- Add garlic. Stir while garlic browns for about 30 seconds to 1 minute.



- Add all of the spinach to the pan, allowing it to sit for 30 seconds to 1 minute until it begins to wilt on the bottom.



- Carefully turn spinach, bringing the spinach on the bottom up to the top.
- Allow spinach to continue to wilt, stirring occasionally, for 2 – 3 minutes. Cook 1 – 2 minutes more until desired doneness is achieved.



- Add salt and pepper to taste.

Serve

- Plate the spinach and top with roasted salmon fillet.
- Add a serving of baked sweet potato fries and a small bowl of blueberries to complete this heart protecting meal.

Alexia Sweet Potato Fries

(Available at Harris Teeter, Food Lion and Lowes Foods)

