

Salmon with Cilantro Pesto Recipe



Vibrant orange salmon fillets get a double dose of crunchy almonds, one in the pesto and one in the topping. The lovely green pesto is easy to make and gets a delightful flavor boost – without salt – from the garlic-herb seasoning blend.

For a quick and pretty dish, scatter the almonds over the surface, as instructed below. If you prefer a fancier presentation, after spreading the pesto over the salmon, slightly overlap the almonds on the fillets to resemble fish scales, then bake as directed.

Ingredients

Cooking spray (optional)

Cilantro Pesto

1/2 cup loosely packed fresh cilantro

3 tablespoons fat-free, low-sodium chicken broth

2 tablespoons sliced almonds

2 tablespoons shredded or grated Parmesan cheese

1 teaspoon salt-free garlic-herb seasoning blend

4 salmon fillets (about 4 ounces each), rinsed and patted dry

1/4 cup sliced almonds

Cooking Instructions

Preheat the oven to 400°F. Line a baking sheet with aluminum foil or lightly spray with cooking spray.

In a food processor or blender, process the pesto ingredients for 15 to 20 seconds, or until slightly chunky.

Place the fillets about 2 inches apart on the baking sheet. Spread the pesto evenly over the top of the fillets. Sprinkle with 1/4 cup almonds.

Bake for 10 to 12 minutes or until the fish flakes easily when tested with a fork.

Nutrition Facts (Per Serving)

Calories 206 kcal; Total fat 9.5g (Saturated 1.5g); Sodium 129mg; CHO 2g (Fiber 1g); Protein 28g; Total cholesterol 66mg.

This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2005 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online at americanheart.org/cookbooks.