

Spicy-Sweet Salmon with Garlicky Kale

EASY | RECIPE

Ingredients:

3 tbsp horseradish
1 tbsp honey
2 tsp Dijon mustard
Pinch pepper
4 fillets (21 oz.) salmon
1 tbsp extra-virgin olive oil

2 cloves garlic
1 bunch (about 8 cups) kale,
chopped
Water, as needed
½ tsp salt or more to taste



Method:

Preheat oven to 400°F. **Line** a baking sheet with foil or parchment paper. **Mix** horseradish, honey, mustard and pepper in a small bowl. **Place** salmon on baking sheet and spoon mixture evenly over fillets. **Bake** 10 minutes per inch of thickness (usually 12-15 minutes). **Meanwhile**, add olive oil and garlic to a frying pan set over medium heat. **Add** kale and sauté until wilted, about 8 minutes, adding 1 tbsp water (or more as needed) to prevent scorching. **Add** kale to plate and serve salmon atop kale.

Makes 4 servings. Per serving:

314 calories | 35g protein | 10g total fat | 2g saturated fat | 5g mono fat | 3g poly fat |
20g carbohydrate | 4g sugar | 6g fiber | 518mg sodium