

### **Salmon with Cilantro Pesto**

Serves 4; 3 ounces fish and 1 tablespoon pesto per serving

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.

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

[dingbat]

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

1/4 cup sliced almonds

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 ANALYSIS (per serving)**

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Calories	206
Total Fat	9.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	4.0 g
Cholesterol	66 mg
Sodium	129 mg
Carbohydrates	2 g
Fiber	1 g
Sugars	0 g
Protein	28 g

Dietary Exchanges: 3 1/2 lean meat

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