



Dilly Salmon Fillets

Trading Post Quality Foods on the Whitfield Road outside Port Perry, ON sent in this "dilly" of a recipe. You can adapt this to a stuffed salmon with equally fantastic results.

Ingredients

2 salmon fillets
4 oz. of chopped spinach
2 tbsp. olive oil
1 tsp. **Roasted Garlic Sea Salt** (Kosher works as well)
Feta Cheese, crumbled
4 tbsp. **Garlic & Dill Dressing**
Fresh Dill for garnish (optional)



Directions

Preheat oven to 350F. Line a baking dish (or individual oven-proof ramekins) with parchment paper.

Toss spinach, olive oil and **Roasted Garlic Sea Salt**. Let rest for 10 minutes

Lay fillet on parchment. Top with seasoned spinach leaves. Sprinkle with goats cheese. Bake 10 minutes.

Remove from oven and top each fillet with 2 tbsp. **Garlic & Dill Dressing**. Turn oven to broil. Return fillets to oven and broil about 7 minutes or until top is bubbly and browned.

Serve with a wedge of fresh lemon.

Excellent served with fresh asparagus.

The most powerful way to insure sustainable fishing practices depends on you – the consumer. Ask "how" the fish was caught and "where" before bringing it to your kitchen table. Visit www.dauidsuzki.org/Oceans/Fishing for more information on building a sustainable economy.



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