

# **Potato Encrusted Salmon with Wilted Spinach**



Recipe Courtesy Chef Bryan Woolley

- 4 (6 ounce) salmon fillets
- 2 tbsp whole grain mustard
- 1 tbsp brown sugar
- 4 cups grated potatoes, rinsed
- 2 eggs
- 2 tbsp Italian style bread crumbs
- Extra Virgin Olive Oil
- Salt and Pepper to taste
- 4 cups raw spinach

1. Rinse salmon and pat dry. Divide the brown sugar and the whole grain mustard between the salmon fillets. Cover each fillet evenly. Set aside until ready to use.
2. In a medium size bowl, whisk the eggs together. Add the bread crumbs, and grated potatoes. Mix together.
3. Divide the potatoes evenly into 4 parts.
4. Using your hands, press the potatoes onto the flesh side of the salmon.
5. Heat a non stick skillet to medium high and add about a teaspoon of extra virgin olive oil. Sear the potato side of the salmon in the hot pan until golden. Turn salmon over and place on a parchment lined baking sheet and place in a 350 degree oven for about 15 minutes to finish cooking.
6. While salmon is baking off in the oven, add the spinach to the sauté pan you were using for the salmon.
7. Lightly wilt the spinach. Add salt and pepper to taste.
8. Divide the spinach between four plates and serve the potato encrusted salmon over the spinach. Salt and pepper to taste. Serve and enjoy!

## **Nutrition Facts**

Serving Size: 1 salmon fillet with spinach

Calories	490
Total Fat	23g
Saturated Fat	4.5g
Cholesterol	205mg
Sodium	320mg
Carbohydrates	31g
Dietary Fiber	4g
Sugars	6g
Protein	41g

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## **Diabetic Exchanges**

Protein	5
Fat	4
Carbohydrates	2