

## Creamed Spinach—Stuffed Salmon

by LAUREN MIYASHIRO

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**CAL/SERV: 440**

**YIELDS: 4 SERVINGS**

**PREP TIME: 0HOURS 10MINS**

**TOTAL TIME: 0HOURS 25MINS**

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### INGREDIENTS

4 (6-oz.) salmon fillets

Kosher salt

Freshly ground black pepper

1/2 (8-oz.) block cream cheese, softened

1/2 c. shredded mozzarella

1/2 c. frozen spinach, defrosted

1/4 tsp. garlic powder

Pinch of red pepper flakes

2 tbsp. extra-virgin olive oil

2 tbsp. butter

Juice of 1/2 lemon

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### DIRECTIONS

- 1** Season salmon all over with salt and pepper. In a large bowl, mix together cream cheese, mozzarella, spinach, garlic powder, and red pepper flakes.
- 2** Using a paring knife, slice a slit in each salmon to create a pocket. Stuff pockets with cream cheese mixture.

**3** In a large skillet over medium heat, heat oil. Add salmon skin side down and cook until seared, about 6 minutes, then flip salmon. Add butter and squeeze lemon juice all over. Cook until skin is crispy, another 6 minutes. Serve warm.

Nutrition (per serving): 440 calories, 40 g protein, 3 g carbohydrates, 1 g fiber, 1 g sugar, 29 g fat, 12 g saturated fat, 320 mg sodium

LAUREN MIYASHIRO Food Director

Lauren Miyashiro is the Food Director for Delish.com.

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