Herb-Crusted Salmon with Mixed Greens Salad

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Chopped fresh herbs dress up salmon fillets, which are a great source of heart-healthy omega-3 fatty acids. The homemade vinaigrette brightens salad greens while keeping calories and fat in check. Serve salmon with lemon wedges.

**Yield:** 4 servings

**Ingredients**

* Salmon:
* 1/2  cup  dry breadcrumbs
* 2  teaspoons  chopped fresh oregano
* 2  teaspoons  chopped fresh rosemary
* 2  teaspoons  chopped fresh flat-leaf parsley
* 1 1/2  teaspoons  grated lemon rind
* 1/2  teaspoon  black pepper
* 2  garlic cloves, minced
* 4  (6-ounce) salmon fillets (about 1 inch thick), skinned
* Cooking spray
* 1/4  teaspoon  kosher salt
* Salad:
* 1  tablespoon  fresh lemon juice
* 1  tablespoon  extravirgin olive oil
* 1  teaspoon  Dijon mustard
* 1/4  teaspoon  kosher salt
* 1/4  teaspoon  black pepper
* 4  cups  mixed salad greens

**Preparation**

1. To prepare salmon, combine the first 7 ingredients in a shallow dish or pie plate. Lightly coat both sides of fillets with cooking spray, and sprinkle evenly with 1/4 teaspoon salt. Dredge both sides of fillets in breadcrumb mixture.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fillets to pan; cook 3 minutes. Reduce heat to medium; carefully turn fillets over. Cook 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

3. To prepare salad, combine juice, oil, mustard, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Add mixed greens; toss gently to coat. Place 2/3 cup salad on each of 4 plates; top each serving with 1 fillet.

**Nutritional Information**

Calories:

256 (33% from fat)

Fat:

9.5g (sat 2g,mono 4.6g,poly 2.2g)

Protein:

32.1g

Carbohydrate:

9g

Fiber:

1.8g

Cholesterol:

70mg

Iron:

2mg

Sodium:

399mg

Calcium:

110mg

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