**Baked Salmon with Bok Choy w/ Red Pepper and Salsa Puree  
Serves six 4 oz. servings**

**Ingredients:**

* 1 tablespoons olive oil
* 1 tablespoon butter
* 2 pounds salmon fillet, cut into 4 portions
* 1/2 teaspoon salt
* 1/4 teaspoon pepper
* 1 1/2 pounds Bok Choy, cut into 1 1/2 pieces
* 1/2 teaspoon grated lemon peel
* 1/4 cup roasted red peppers, patted dry
* 1/4 cup mild chunky salsa)

**Directions:**

Heat oven to 475 degrees. Place olive oil and butter in a skillet large enough to hold fish in a single layer. Place in oven 3 minutes, until butter is melted. Season fish with salt and pepper. Place fish flesh side down in prepared skillet. Bake 10 minutes, turning carefully once halfway through cooking time, until just cooked through. Remove from skillet; tent with foil. Add Bok Choy and lemon peel to skillet. Stir to coat with pan's oil. Place in oven 1 minute, until leaves are wilted and stems are warmed through. To make puree, blend peppers and salsa in a blender for 30 seconds. Divide greens on four plates; top each with a piece of fish. Dollop puree over fish.

**Nutrition Facts Per Serving:** Calories 290, Calories from fat, 166, Total Fat 18.4g, Sat Fat, 4.4, Cholesterol 77 mg, Sodium 434, Carbohydrates 3.7, Fiber 1.4 g, Protein 27g