

## Wild Alaska Salmon with Garlic Spinach and Orange Balsamic Sauce

Makes 4 servings.

### INGREDIENTS:

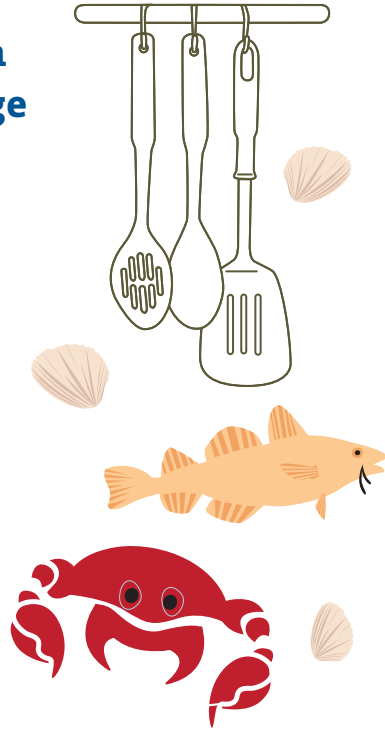
- 4 6-ounce wild Alaska salmon fillets
- Sea salt and black pepper, to taste
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, sliced
- 1 cup baby spinach leaves
- 1 tablespoon butter
- Juice of 1/2 orange, about 1/4 cup
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey

### DIRECTIONS:

1. Season salmon fillets with salt and pepper.
2. Heat olive oil in a large skillet over medium-high heat. When hot, add fillets and sear 3 to 4 minutes per side, until opaque and beginning to flake. Remove from skillet and set aside.
3. In same skillet, add garlic and spinach; cook 2 minutes, until leaves just wilt and garlic becomes fragrant. Arrange spinach atop each salmon fillet.
4. In same skillet, add butter, orange juice, vinegar, and honey. Bring to a boil and simmer until thickened, 1 to 2 minutes. Pour over spinach and salmon and serve.



For more family-friendly and ocean-friendly seafood ideas, visit us online at: [http://www.sheddaquarium.org/right\\_bite.html](http://www.sheddaquarium.org/right_bite.html)



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