

Italian Salmon

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A delicious, hearty, and easy to prepare salmon dish that will have your dinner guests begging for seconds! Salmon fillets are grilled and topped with blanched spinach and Parmesan cheese before being served swimming in a delicate cream sauce.

Serve with a glass of white wine for a delicate and remarkable dinner!

Ingredients:

4 salmon fillets
1 lb pre-washed spinach leaves
1/4 c. heavy cream
1/2 c. grated Parmesan cheese
1 tsp fresh nutmeg

Directions:

1. Preheat a grill to a moderate heat.
2. Blanch spinach by placing in boiling water for 30 seconds then plunging into cold water. Squeeze out excess liquid and chop finely.
3. In small bowl combine spinach, cream, Parmesan cheese, and nutmeg.
4. Grill fish for 5 minutes on each side. Remove from grill, and top with cheese and spinach mixture. Return to grill and cook until golden.
5. Serve immediately.