Dinner, Mediterranean

Baked Salmon Topped with Kale Walnut Pesto

Tender baked salmon fillets are covered with a vibrant pesto made from blended kale, toasted walnuts, and Parmesan, with a bright touch of lemon.



Gluten free

30 min	240	2 g	0 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 2 cup kale (chopped)
- [ ] 1/4 cup walnuts (toasted)
- [ ] 1 clove garlic
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp water
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp Parmesan cheese (grated)
- [ ] 1/4 tsp black pepper
- [ ] 4 whole salmon fillets (4-ounce each)

Method

- [ ] **1** Set the oven to 375 degrees F. Spray a baking sheet all over with the nonstick cooking spray, then leave it to one side until you are ready to use it.
- [ ] **2** For the pesto, put the kale, walnuts, garlic, olive oil, water, lemon juice, Parmesan cheese, and black pepper into a food processor or blender and run it until the mixture turns completely smooth.
- [ ] **3** Set the salmon fillets down on the prepared sheet with their skin facing downward. Divide the pesto into four portions and use one portion to coat the top of each fillet.
- [ ] **4** Transfer the sheet to the oven and let the salmon cook for 20 minutes.

Nutrition Facts

Per serving

Calories	240
Total fat	15 g
Saturated fat	2 g
Sodium	120 mg
Total carbs	2 g
Fiber	1 g
Total sugars	0 g
Protein	27 g

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