



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week

## ***Kale Pesto Salmon***

### **Ingredients**

- Cooking spray
- 2 cups chopped kale leaves
- 1/4 cup toasted walnuts
- 1 clove of garlic
- 1 Tbsp olive oil
- 2 Tbsp water
- 1 Tbsp lemon juice
- 2 Tbsp grated parmesan cheese
- 1/2 tsp salt (optional)
- 1/4 tsp ground black pepper
- 4 (4 oz) salmon fillets

### **Directions**

1. Preheat the oven to 375 degrees F. Coat a baking sheet with cooking spray and set aside.
2. In a blender or food processor, blend the kale, walnuts, garlic, olive oil, water, lemon juice, parmesan cheese, salt (optional), and pepper until smooth.
3. Lay the salmon filets skin side down on the baking sheet. Spread the top of each salmon filet with 1/4 of the pesto.
4. Bake the salmon for 20 minutes.

Serves 4

300 calories, 19 g fat, 2.9 g saturated fat, 5 g carbohydrate, 1 g fiber, 28 g protein, 95 mg sodium

Source: American Diabetes Association

*healthy*  
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