



simply healthy

from your Hannaford Dietitian

Presto Pesto Salmon

Serves: 4

Simple, elegant, delicious, and nutritious

Ingredients:

1 1/2 pounds fresh salmon
Hannaford coconut oil spray
1/4 tsp. McCormick® Garlic Powder
3/4 cup Hannaford prepared pesto
3/4 cup Taste of Inspirations Mild Pico de Gallo
2 Tbsp. each Grated Parmesan and Romano cheeses
2 Tbsp. walnuts
2 Tbsp. pine nuts
Fresh Express® Sunflower Crisp Chopped Kit, prepared
2 cups cooked quinoa



Directions:

1. Pre-heat oven to 350°F.
2. Line baking pan with parchment paper.
3. Rinse salmon under cold running water and place on the parchment paper.
4. Spray salmon lightly with coconut oil and sprinkle with garlic powder.
5. Spread pesto to cover fish.
6. Top with pico de gallo.
7. Sprinkle with the cheeses.
8. Garnish with walnuts and pine nuts.
9. Bake for 40 minutes or until fish flakes easily with a fork.
10. Serve with salad and quinoa.

Dietitian Notes:

1. This gluten-free recipe is an excellent source of healthy protein, fiber, & omega 3 fatty acids.
2. Cooking salmon: Salmon is cooked when the flesh becomes opaque and easily flakes apart with a fork. There is no error in checking fish several times for doneness as the fish can always be cooked a little longer. Be careful not to overcook as salmon will become dry and tough. There is no leeway to go backwards.
3. Salmon preparation safety: Keep raw fish wrapped and separated from ready-to-eat foods, use separate cutting boards and utensils for raw fish and ready-to-eat foods, and wash your hands for 20 seconds with warm soapy water before and after handling any raw fish.
4. Seafood sustainability: Hannaford Supermarkets are supportive of the environment and traceability and as such all fish and seafood are required to be sustainable.

Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitians.

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