

# Preventing Women's Heart Disease Through Education



**CAROL For Heart**

## Pomegranate Glazed Salmon with Sautéed Spinach

Servings: 2

2 tablespoons olive oil, divided  
2 5-ounce salmon fillets with skin  
1 large shallot, minced  
2 9-ounce bags spinach leaves  
1-½ tablespoons pomegranate syrup  
1-½ tablespoons balsamic vinegar  
1 tablespoon honey  
Salt and pepper

- Bring a heavy skillet to medium-high heat and add 1 tablespoon of the oil.
- Season fish lightly with salt and pepper.
- Add fish to pan. Cook, turning once, until nicely browned and center is just cooked through. Remove from pan; keep warm.
- Add remaining oil to pan. Cook shallot until tender. Add spinach; cook until tender. Transfer to serving platter and top with fish.
- Turn off heat. Add pomegranate syrup, vinegar and honey to pan. Stir to combine; pour over fish. Serve.

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*Per Serving (excluding unknown items) 1 salmon fillet: 527 Calories; 89mg Cholesterol; 11g Protein; 566mg Sodium; 24.3g Carbohydrate; 5.6g Fiber; 31.9g Total fat; 5.6g Saturated fat; 26% Calcium\*.*

*\*Based on a 2000 calorie diet. 12:58*

Recipe courtesy of: Denis Chiappa • Carlow Cookery • [www.carlowcookery.com](http://www.carlowcookery.com)

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