

Salmon Florentine

Unit: Large Skillet

1 - 1.5 Pounds of Fresh Salmon Filets

1 - Bag of Fresh Baby Spinach

Spinach Dip

1 - 10oz. Box of frozen Spinach (Drained and Chopped)

1 - 8oz. Container of Sour Cream

1 - 8oz. Stick of Cream Cheese

2 - Cups of Parmesan Cheese (Cut on #1 Blade)

2 - tsp. of Garlic

1 - 14oz Can of Artichoke hearts

Salt to taste

Combine all of the dip ingredients in a medium bowl. Cover and let it rest in the refrigerator for at least 2 hours. (You can make extra and freeze it in usable portions for later) This recipe can be used for 2 meals unless you want it extra creamy and then you can use the whole thing.

When ready to cook, place the fresh spinach into a cold skillet and set the fish filets in it. Spoon the spinach dip onto the fish and seal the lid. Seal the lid on the unit and rotate the valve to open.

Turn the skillet to medium heat (350 with the Electric Skillet) and cover until the valve activates lightly or the lid gets stinging hot to the touch. (Approx. 10 minutes) Reduce the heat to low (225 with the Electric Skillet) for 5 minutes and shut it off. Let the fish rest in the skillet for 5 minutes with the lid sealed and then serve!



HEALTH QUEST