



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Salmon with Almond-Kale Pesto

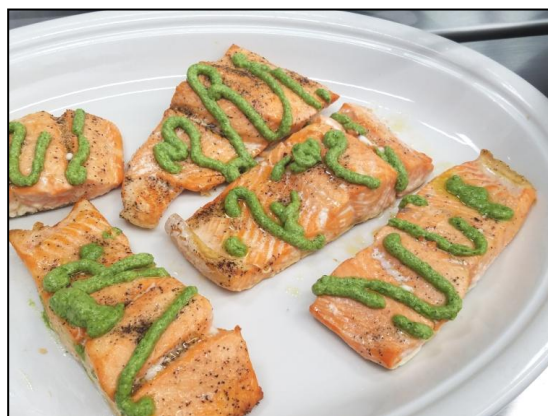
Serves 12 / Serving size: 1 fillet of salmon + 1 TBSP pesto

Ingredients:

12, 4-ounce wild-caught salmon fillets (skinless)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil

Almond-Kale Pesto:

1/4 cup olive oil
1/4 cup grated Parmesan cheese
2 garlic cloves (peeled)
2 cups baby kale (chopped)
1/4 cup raw almonds
1 TBSP lemon juice
1/2 teaspoons salt



Directions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Season salmon with salt and pepper, and brush with oil. Place on baking sheet and bake for 8-10 minutes, or until salmon is cooked to an internal temperature of 145°F. Do not overcook.
3. While salmon is baking, prepare pesto by combining all pesto ingredients in a blender or food processor and blend for 1-2 minutes.
4. Serve each salmon fillet with 1 TBSP of pesto.

Nutrition Tips:

1. Wild salmon is a great source of omega-3 fatty acids that support brain health and which may help both mood and anxiety.
2. Baby kale is slightly less bitter than large leaf kale, yet this leafy green remains rich in various vitamins, minerals, and fiber to support immune and digestive health. Using baby kale in place of the traditional basil of a pesto recipe is a great way to sneak some of this nutritious leafy green vegetable in your diet.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.