

Spinach and Artichoke Stuffed Salmon

Ingredients:

- 2, 6 ounce wild-caught salmon
- 2 Tbs olive oil
- salt and pepper
- Spinach and artichoke dip (you can find many recipes to make this homemade, or if you're in a time crunch, buy it already prepared.)
- 1 Tbs butter

In a large skillet, add olive oil and heat over medium-high heat. Sprinkle salt and pepper on each salmon. With a sharp knife, cut a slit on the side of each salmon to create a pocket. Fill pocket with 2 tablespoons of spinach and artichoke dip. Place salmon in the skillet, skin side down, and let it sear for about 4 to 5 minutes. Carefully turn over and add 1 tablespoon of butter. Let cook another 2 minutes (or until salmon done to your liking). Remove salmon to a plate and enjoy with a few side dishes!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Remember, you only live once. Take care of your body so your journey will be a long one." - Anonymous