



Lemon Dijon Salmon with Potatoes and Spinach

MyPlate2Yours - Lynn Dugan

Ingredients

3 small red potatoes, peeled and cut into thin slices (1/16 inch or less)
1 small yellow squash, cut into thin slices (1/8 inch)
1 medium onion, diced
3 cloves garlic, minced
2 tablespoons olive oil
10-ounce package fresh baby spinach
3 lemons (or 6 tablespoons lemon juice)
6 tablespoons Dijon mustard
6 tablespoons white wine
2 to 2-1/2 pounds salmon
salt and freshly ground black pepper

Directions

Preheat oven to 425°F.

Tear off 6 squares of aluminum foil, each at least 16 inches long. Place equal amounts of the potatoes, squash, onions, and garlic in the center of each piece of foil. Pull up the sides of the foil to create a 'bowl' containing the vegetables. Place the spinach on top and to each packet add: 1 teaspoon of olive oil, the juice of 1/2 of a lemon (1 tablespoon) and season with salt and pepper. Cut the fish into six individual portions and place on top of the spinach. Season the salmon by spreading 1 tablespoon Dijon mustard on top of fish.

Finish each packet by adding 1 tablespoon of white wine. Match up the opposite corners of the foil and fold over to create a tightly sealed packet. Place the packets on two baking sheets. Bake for 30 minutes until fish is cooked through. Enjoy!