

Creamy Spinach-Stuffed Salmon

Ingredients

- 2 salmon fillets, cut with a pocket
- 1 cup fresh spinach, chopped
- 2 tablespoons dairy-free cream cheese or Greek yogurt
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions

1. Sauté spinach and garlic until wilted, then mix with cream cheese or yogurt.
2. Fill the salmon pockets with the spinach mixture.
3. Bake at 375°F (190°C) for 15–18 minutes.

Health Benefits

A protein-packed dish with calcium and folate. Supports muscle health, bone strength, and skin repair.