

# InSpire Magazine

## Featured Recipe

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### **Easy Pesto Salmon**

2 cups fresh spinach leaves  
½ cup basil leaves  
¼ cup fat-free, less-sodium chicken broth  
1 teaspoon salt  
3 garlic cloves, peeled  
Cooking spray  
2 (6 ounce) salmon fillets, skinned  
2/3 cup hot cooked brown rice

1. Preheat oven to 400 degrees.
2. Place the first 6 ingredients in a food processor or blender and process until the mixture is smooth, creating the pesto. Spoon 3 tablespoons of pesto into bottom of a 8 inch square baking dish coated with cooking spray. Top with salmon fillets and spread fillets with remaining pesto.
3. Bake at 400 degrees for 20 minutes or until fish flakes easily when tested with a fork.
4. Prepare brown rice and serve. Makes two servings.