

Sesame Salmon with Spinach

2 tablespoons sesame seeds

2 tablespoons of flour

½ teaspoon salt

4- 6-ounce salmon fillets

1 tablespoon sesame oil

1- 16ounce bag of baby spinach

Place the sesame seeds in a cold, dry skillet: toast over medium high heat, stirring constantly, until they become aromatic and lightly colored. Combine half the seeds with the flour and salt on a plate: dredge the salmon in the mixture. Heat the oil in a large nonstick skillet over medium high heat; add fish and cook until browned, about 5 minutes per side. Remove from pan and keep warm. Add the spinach to the skillet and cook tossing constantly, until wilted; mix remaining sesame seeds.