



## Salmon and Lentils with Moroccan Tomato Sauce

1 cup lentils, rinsed  
1 can (14 ½ ounces) reduced-sodium fat free chicken broth  
1 shallot, peeled and chopped (about ¼ cup)  
2 cloves garlic, minced  
1 ½ tsp. whole or ground fennel seed  
1 tsp. whole or ground coriander seed  
¾ tsp. whole or ground cardamom  
¾ tsp. whole or ground cumin  
3 whole or ? tsp. ground cloves  
½ tsp. light salt, divided  
½ tsp. black pepper, divided  
1 can (14 ½ ounces) no-salt peeled tomatoes  
1 tsp. hot pepper sauce, or to taste  
4 boned and skinned (3-ounce) salmon fillets  
¼ cup Almond Accents Original Oven Roasted sliced almonds, divided



Preparation Time : 30 minutes

In medium saucepan over medium-high heat, bring lentils and broth to boil; reduce heat to low, cover and simmer 20 to 25 minutes or until lentils are tender. Meanwhile, put all whole spices in a grinder and process until well ground or combine ground spices in a small bowl. Coat nonstick skillet lightly with vegetable cooking spray and place over medium-high heat. Add shallot and garlic; sauté about 5 minutes until translucent. Mix in 1 ¼ tsp. of the spice mixture, ¼ tsp. of the salt and ¼ tsp. of the pepper. Cook, stirring constantly, 2 minutes. With electric blender, pulse tomatoes just until roughly pureed; add to pan with hot pepper sauce and heat through. Set aside. In small bowl, mix remaining spices, salt and pepper; rub onto both sides of salmon fillets. Heat large nonstick skillet over medium-high heat. Coat lightly with vegetable cooking spray; add salmon to pan without crowding. Sauté salmon 4 minutes; turn, cover and cook 3 to 6 minutes longer, depending on thickness, or until cooked throughout. Stir two tablespoons Almond Accents into lentils; divide among four plates. Top with salmon and tomato sauce. Sprinkle with remaining Almond Accents.

Makes 4 servings

Nutrition information per serving: 343 calories; 8 g fat; 44 mg cholesterol; 713 mg sodium; 3 g carbohydrate; 16 g fiber; 3 g protein

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