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Spinach and tomato combine for the perfect side or salmon topper

By Susie Iventosch



Spinach & Tomato Topper Photo Susie Iventosch

I've always been a huge fan of creamed spinach - any way shape and form, and this fun and fresh version, made with cherry tomatoes, onions, garlic and grated Pecorino Romano cheese, is a healthier no-cream version. We originally made this recipe with heavy cream, and loved it, but it was really rich. So the next time, we omitted the cream and instead added Boursin cheese and really enjoyed it that way too, but still wanted something less rich. So, finally we decided to try it using only broth and wine. This recipe is the latest rendition and we are really happy with the results. You can serve it as a side dish or as a topper for fish, chicken, or even portobello mushrooms.

If you've ever sautéed spinach, you know how much it reduces as it cooks. It seems like you have a mountain of spinach, but by the time you finish sautéing it, it's barely an ant hill! So we started with a full pound of raw spinach and still, it only served four people. This

topper is not really saucy, but rather more like a veggie sauté, and if you want it to be more of a sauce, you can add more broth as you go. Also, if you like a little more of the fresh green spinach color, just barely sauté the last bit of spinach you toss into the pan and it will stay more firm and green, giving the topping a nice color.

We topped salmon filets with this the other day and that was really delicious. Simply grill or bake your salmon and serve a big scoop of Spinach & Tomato Topper over the top.

Spinach & Tomato Topper

(Serves 4)

INGREDIENTS

Fish

4 salmon filets (approximately 1/2 lb. each)

Topping

3 tbsp. olive oil

3 cloves garlic, minced

1 medium yellow onion, very thinly sliced

1/2 cup finely sliced basil leaves

2 tbsp. minced parsley

20 (or so) cherry tomatoes, halved

1 lb. fresh spinach leaves (I use the triple pre-washed spinach)

3/4 cup white wine

3/4 cup chicken broth (or veggie broth)

3/4 cup freshly grated Pecorino Romano (or Parmesan), reserve a couple of tablespoons for sprinkling over the top.

DIRECTIONS

Heat 2 tablespoons of the oil in a large skillet over medium heat. Add garlic and sauté until just starting to brown. Add remaining oil and the onions, and cook until onions are translucent and just beginning to caramelize. Stir in the basil and parsley and continue to cook for another minute or two. Add 1/4 cup of the wine, 1/2 cup of the chicken broth, and the cherry tomato halves, and cook for about 5 minutes over medium-low heat. Add all but 2 tablespoons of the cheese and stir until melted. Begin adding spinach (a large handful at a time), alternately with remaining wine and broth. The spinach will wilt as you add it. If you like the topping to be more green, after the last handful of spinach, remove from heat immediately and it will hold its color and shape a little bit.

Meanwhile, cook the salmon filets on the barbecue or in the oven until desired doneness. Spoon the topping over the top of each cooked filet. Sprinkle remaining cheese over the top.

*Note - We place our salmon with the skin side down on a piece of foil. Grill over medium heat for 8-10 minutes, or until desired doneness. Remember every grill is different, so you'll have to cook according to your own barbecue. Once the fish is done, remove the filet from the skin, leaving the skin on the foil.



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[back](#)

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