

## Salmon with Crab Stuffing

### **For Crab Stuffing and Fish**

4 oz jumbo lump crab meat (1 cup)  
1½ tablespoons reduced-fat (not low-fat) mayonnaise  
¼ cup finely diced yellow bell pepper  
1 tablespoon chopped fresh flat-leaf parsley  
4 6-oz salmon

### **For Garlic Bread Crumbs**

1 small garlic clove, minced  
2 teaspoons extra-virgin olive oil  
¼ cup fine fresh bread crumbs (preferably from a baguette)  
1 teaspoon finely grated fresh lemon zest

### **Prepare Stuffing:**

Preheat oven to 450°F. Mix crab, mayonnaise, bell pepper, and parsley and season with salt and pepper.

Lay Salmon flat with darker side up and season with salt and pepper. Divide stuffing among fillets, mounting evenly over each fillet. Arrange stuffed fillets in a lightly oiled tray. Bake in upper third of oven until just cooked through, about 15-20 minutes.

### **Make bread crumbs while sole is baking:**

Cook garlic in oil in small skillet over moderate heat, stirring, until fragrant, about 30 seconds; Stir in bread crumbs and cook, stirring, until golden brown, 4 to 5 minutes. Remove from heat, and then stir in zest and season with salt and pepper.

Transfer salmon to plates and pour pan juices through a fine sieve into a small bowl. Spoon some of juices over fish and sprinkle with bread crumbs.

Makes 4 servings.