Ingredients

1 tsp each of salt, ground mustard and dried thyme

½ tsp fresh ground black pepper

4 6 oz salmon filets (1.5 lbs total)

2 tsp honey

1 large container of spinach

1 tsp minced garlic

2 tsp peanut oil

1 tsp olive oil

2 C red seedless grapes, halved

2 C dry red wine

Procedure

1. Combine dry ingredients, mix well and set aside
2. Rub salmon with honey, then the dry spice rub
3. Preheat oven to 300F
4. Heat 2 tsp peanut oil in sauté pan and brown salmon in batches
5. While salmon is browning, combine the spinach and garlic in a baking dish, put salmon on top of spinach and bake for 10 minutes or until salmon is cooked through
6. While the salmon is cooking, saute grapes in saute pan then add the wine, bring to a boil, season with S+P, reduce by half and set aside.
7. Serve salmon on top of the cooked spinach, then top with grape sauce