



BLOOD ORANGE SALMON SALAD

Serves: 2

Shopping list: Organic, wild, locally sourced where possible

Salmon (1 pound) Southeast Alaskan chum, sockeye, coho, pink, and chinook salmon, Kodiak coho, pink, or chum salmon

Garlic

Honey

Blood orange

cilantro

Fresh mixed greens

Sea salt

Ingredients:

1 pound fresh or previously frozen wild salmon

2 cloves garlic crushed

1 blood orange

1/4 cup chopped cilantro

1 tbs honey

1 pinch sea salt or Himalayan salt

How to:

In a medium size bowl add crushed garlic, sea salt, chopped cilantro and honey. Take 1/2 blood orange and squeeze juice into bowl and mix together. Add salmon and let marinate for 45 min to 1 hour.

After 1 hour place thin slices of blood orange on top of the salmon until it is fully covered. Place the salmon in the oven and cook at 350 degrees for 20– 30 minutes.

Take as much fresh mixed greens as you would like to create a bed for the salmon. Add a dash of raspberry vinaigrette no more than 1 table spoon over the bed of greens.

Put the fresh warm salmon on top of the bed of greens and serve.

Why this meal is the goods in taste and nutrients:

Anti inflammatory, supportive in brain function, positively effects insulin levels, supports and stabilizes the balance of collagen and minerals in the bone and joint cartilage, supports immune system, supports healthy skin.

Including but not limited nutrients:

Vitamins A, K, C, B-6, Iron, folates, manganese, pantothenic acid, choline, zeaxanthin, carotenoids, phosphorus, magnesium, selenium, copper, vitamin c, essential enzymes, calcitonin, omega 3s omega 6s, Vitamin b12, vitamin b3, Vitamin D, protein, phosphorus, biotin, potassium iodine, fiber, iron.