



SWEET & SPICY SALMON

By Dr. Cindy Tanzar
(Standard)

This simple recipe adds so much flavor, and is perfect for the stronger flavor of wild-caught salmon. It's good on beef or chicken, as well. Wild-caught salmon (or any fish) is much healthier than farm-raised, as it contains plenty of heart-healthy, anti-inflammatory omega-3 fatty acids. How a fish eats determines the nutritional profile of that fish. Sam's Club carries frozen, individually packaged portions of wild-caught salmon for less. Remember, though, if all you have is farm-raised, it's still "Better" on the "Good, Better, Best" protocol.

One serving of this dish is 3 oz. of cooked fish and covers your protein for one meal.



INGREDIENTS

1-1/2 tsp. paprika
1 tsp onion powder
1 tsp garlic powder
1/4 tsp Pink Himalayan salt
1/4 tsp oregano



GENESIS
Health Solutions
WHERE HEALTH BEGINS

1/4 tsp thyme
1/4 tsp finely ground black pepper
1/8 tsp cayenne pepper
1-1/2 tsp Swerve brown or Lakanto Golden (can use Swerve granular, if needed)
1 lb wild-caught salmon
Avocado oil

INSTRUCTIONS

Preheat oven to 375°F. Combine all the spices and Swerve Brown in a bowl and mix well.

Place salmon on a baking sheet and brush with oil. Distribute the rub over the salmon generously.

Bake for 15-20 minutes (depending on the thickness of your salmon), or until the fish flakes easily and is firm.