

# TRANSFORM YOU FITNESS



## 40 KETO *and* LOW CARB RECIPES FISH & SEAFOOD





# Homemade Lox



**Yields:** 4 Servings      **Prep Time:** 0 hours 10 mins      **Total Time:** 1 day 12 hours 10 mins

**Ingredients:**

- 1 1/2 lb. to 2 lb. sushi-grade skin-on boneless salmon fillet
- 1/2 c. packed brown sugar
- 3/4 c. kosher salt
- 2 tbsp. coarsely ground black pepper
- 1 tsp. ground juniper berries (optional)
- 1 tsp. ground caraway (optional)
- Zest of 1 lemon (optional)
- 2 c. fresh dill, coarsely chopped (optional)

**For serving:**

- Rye bread
- Cream cheese
- Sliced red onion
- Lemon wedges
- Fresh dill
- Capers

**Directions:**

1. Pat salmon dry with paper towels. In a medium bowl, mix together sugar, salt, pepper, juniper, caraway, and lemon zest until well combined.
2. In the middle of a piece of plastic wrap three times the length of the salmon fillet, lay down and arrange half the dill into the size of the fillet. Sprinkle half the sugar mixture evenly across the dill, then place fillet skin-side down. Top with remaining sugar mixture and layer on remaining dill. Wrap salmon up by enclosing the plastic wrap bundle with a letter-fold, tucking in the sides for a total seal, double-wrapping if necessary.
3. Place wrapped salmon on a lipped baking sheet or inside a large baking dish so that it lies flat. Place another sheet or dish on top and weigh down with heavy cans to exert even pressure on the fillet. Place in refrigerator and cure for 36 hours, flipping every 8 to 12 hours and draining any accumulated liquid from pan.



4. After salmon has cured for at least 36 hours, peel back plastic wrap and gently rinse fillet under cold water. Pat dry completely with paper towels, then place on a cooling rack set over a sheet pan and return to fridge. Let sit, uncovered, for 2 hours up to overnight.
5. To serve, use a sharp chef's knife to make thin, diagonal cuts on a bias across the fillet and serve with desired toppings. Store remaining lox in an airtight container in the refrigerator for up to 5 days.

## Baked Garlic-Butter Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 25 mins

### Ingredients

- 2 lemons, thinly sliced
- 1 large salmon fillet (about 3 lb.)
- Kosher salt
- Freshly ground black pepper
- 6 tbsp. butter, melted
- 2 tbsp. honey
- 3 cloves garlic, minced
- 1 tsp. chopped thyme leaves
- 1 tsp. dried oregano
- Chopped fresh parsley, for garnish

### Directions:

1. Preheat oven to 350°. Line a large rimmed baking sheet with foil and grease with cooking spray. To the center of the foil, lay lemon slices in an even layer.
2. Season both sides of the salmon with salt and pepper and place on top of lemon slices.
3. In a small bowl, whisk together butter, honey, garlic, thyme, and oregano.



Pour over salmon then fold up foil around the salmon. Bake until the salmon is cooked through, about 25 minutes. Switch the oven to broil, and broil for 2 minutes, or until the butter mixture has thickened.

4. Garnish with parsley before serving.

## Pan-Fried Salmon



<b>Yields:</b> 4 Servings	<b>Prep Time:</b> 0 hours 10 mins	<b>Total Time:</b> 0 hours 10 mins
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### Ingredients:

- 4 (6-oz.) salmon fillets, patted dry with a paper towel
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 1/4 c. white wine
- Juice of 1 1/2 lemons, divided
- 2 cloves garlic, sliced
- Pinch red pepper flakes
- 2 tbsp. butter
- 1 lemon, cut into rounds, for serving
- 2 tbsp. freshly chopped dill, for garnish

### Directions:

1. In a large skillet over medium-high heat, heat oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, then flip over.
2. Add wine, juice of 1 lemon, garlic, and red pepper flakes. Bring to a simmer and cook, basting salmon occasionally with a spoon. When salmon is opaque, remove from skillet. Add butter and remaining lemon juice to pan and whisk to combine with the sauce. Let simmer until thickened slightly, 2 minutes.



3. Serve fish drizzled with pan sauce and topped with fresh lemon slices and dill.

## Maple Bacon Salmon



**Yields:**  
6 servings

**Prep Time:**  
0 hours 5 mins

**Total Time:**  
0 hours 45 mins

### Ingredients:

- For the salmon
- 1 lemon, sliced
- 1 (2 1/4-lb.) skin-on salmon fillet
- 2 1/2 tsp. McCormick Himalayan Pink Salt, Black Pepper and Garlic All Purpose Seasoning, divided
- 1 tbsp. Dijon mustard
- 1/3 c. extra-virgin olive oil
- 2 tbsp. fresh lemon juice
- 2 tbsp. maple syrup
- Finely chopped chives, for garnish
- For the candied bacon
- 3 tbsp. maple syrup
- 1 tbsp. packed brown sugar
- 1/4 tsp. McCormick Himalayan Pink Salt, Black Pepper and Garlic
- All Purpose Seasoning
- 6 slices bacon

### Directions:

1. Make salmon: Preheat oven to 400°. Place lemon slices on bottom of 9"-x-13" baking dish and place salmon on top. Season salmon all over with 2 teaspoons McCormick Himalayan Pink Salt, Black Pepper and Garlic All-Purpose Seasoning.
2. In a medium bowl, whisk together mustard, oil, lemon juice, maple syrup, and remaining 1/2 teaspoon McCormick Himalayan Pink Salt, Black Pepper and Garlic All-Purpose Seasoning. Pour sauce over salmon.
3. Roast salmon until cooked through and it flakes easily with a fork, 20 to 25 minutes. Turn oven to broil and broil until golden, if desired, about 3 minutes.
4. Meanwhile, make candied bacon: In a small bowl, whisk maple syrup with brown sugar and 1/4 teaspoon of McCormick Himalayan Pink Salt, Black Pepper and Garlic All-Purpose



Seasoning. In a large skillet over medium heat, cook bacon until lightly golden on both sides, about 4 minutes per side. Drain bacon fat.

5. Return skillet to medium heat and pour maple syrup mixture into pan. Add bacon and cook, turning slices frequently until liquid is almost absorbed and bacon is glazed, 3 to 4 minutes.
6. Using tongs, carefully transfer bacon to a work surface to cool completely. Crumble bacon and sprinkle with chives over cooked salmon before serving.

## Lemony Grilled Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 20 mins

### Ingredients:

- 4 6-oz. skin-on salmon fillets
- Extra-virgin olive oil, for brushing
- kosher salt
- Freshly ground black pepper
- 2 lemons, sliced
- 2 tbsp. butter

### Directions:

1. Heat grill to high. Brush salmon with oil and season with salt and pepper. Add salmon and lemon slices and grill until salmon is cooked through and lemons are charred, 5 minutes per side.



2. Add a pat of butter to salmon right when it's off the grill and top with grilled lemons. Serve.

## Greek Salmon



<b>Yields:</b> 4 Servings	<b>Prep Time:</b> 0 hours 20 mins	<b>Total Time:</b> 0 hours 50 mins
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### **Ingredients:**

#### For topping

- 1/4 c. extra-virgin olive oil
- Juice of 2 lemons
- 1 clove garlic, minced
- 1 tsp. dried oregano
- 1/2 tsp. red pepper flakes
- Freshly ground black pepper
- 1 c. cubed feta
- 1 c. quartered tomatoes or halved cherry tomatoes
- 1/4 c. sliced kalamata olives
- 1/4 c. chopped Persian cucumbers
- 1/4 chopped red onion
- 2 tbsp. freshly chopped dill

#### For salmon

- 1 lemon, thinly sliced

### **Directions:**

1. Preheat oven to 375°. Marinate feta: In a large bowl, whisk together olive oil, lemon juice, garlic, oregano, and red pepper flakes. Season with pepper and add feta, tossing to coat. Cover and refrigerate for about 10 minutes while preparing other ingredients.
2. Roast fish: Scatter the sliced lemon and red onion at the bottom of a large baking dish. Add salmon fillets, skin side down, to baking dish. Season with salt and pepper and bake until opaque and flaky, 18 to 20 minutes.
3. Meanwhile, make topping: Into the bowl with feta, add tomatoes, olives,



- 1 small red onion, sliced
- 4 salmon fillets (12-oz. total), patted dry with paper towels
- Kosher salt
- Freshly ground black pepper

cucumbers, chopped red onion, and dill. Fold gently to combine.

4. To serve: Plate salmon with lemon and red onion slices and top with feta mixture.

## Asian BBQ Grilled Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 25 mins

**Total Time:**  
0 hours 25 mins

### Ingredients:

For The Asian Spicy BBQ Glaze

- 4 tbsp. hoisin sauce
- 2 tbsp. rice vinegar
- 2 tbsp. low-sodium soy sauce
- 2 tbsp. mirin
- 1/2 tsp. garlic chili paste
- 1 tbsp. minced fresh ginger
- Zest and juice of 1/2 a lime
- 1/2 tsp. garlic powder
- Vegetable oil, for brushing
- 4 (4-oz.) skin-on salmon fillets
- Thinly sliced green onions, for garnish
- Sesame seeds, for garnish

### Directions:

1. In a large bowl, whisk together hoisin sauce, rice vinegar, soy sauce, mirin, garlic chili paste, ginger, lime juice and zest, and garlic powder.
2. Preheat grill on high and brush with oil. Place salmon fillets directly on grill, skin side down, and cook, 5 minutes. Using a heavy-duty spatula, carefully flip salmon and brush with barbecue sauce. Cook another 2 to 3 minutes or until cooked through.
3. Top salmon with more glaze, green onions, and sesame seeds to serve.



## Broiled Salmon



**Cal/Serv:**  
570

**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 20 mins

### Ingredients:

- 4 (4-oz.) salmon fillets
- 1 tbsp. Grainy mustard
- 2 cloves garlic, finely minced
- 1 tbsp. finely minced shallots
- 2 tsp. fresh thyme leaves, chopped, plus more for garnish
- 2 tsp. fresh rosemary, chopped
- Juice of 1/2 lemon
- kosher salt
- Freshly ground black pepper
- Lemon slices, for serving

### Directions:

1. Heat broiler and line a baking sheet with parchment. In a small bowl, mix together mustard, garlic, shallot, thyme, rosemary, and lemon juice and season with salt and pepper. Spread mixture all over salmon fillets and broil, 7 to 8 minutes.
2. Garnish with more thyme and lemon slices and serve.

## Honey Garlic Glazed Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 5 mins

**Total Time:**  
0 hours 20 mins

**Ingredients:**

- 1/3 c. honey
- 1/4 c. soy sauce
- 2 tbsp. lemon juice
- 1 tsp. red pepper flakes
- 3 tbsp. extra-virgin olive oil, divided
- 4 6-oz. salmon fillets, patted dry with a paper towel
- Kosher salt
- Freshly ground black pepper
- 3 cloves garlic, minced
- 1 lemon, sliced into rounds

**Directions:**

1. In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.
2. In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.
3. Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.
4. Garnish with sliced lemon and serve.

## Slow-Cooker Salmon



<b>Yields:</b> 4 servings	<b>Prep Time:</b> 0 hours 10 mins	<b>Total Time:</b> 2 hours 10 mins
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**Ingredients:**

- 1 -2 lb. skin-on salmon fillet
- Kosher salt
- Freshly ground black pepper
- 1 lemon, cut into rounds
- 1 1/2 c. low-sodium vegetable broth
- Juice of 1/2 lemon
- 2 tbsp. freshly chopped dill, for garnish

**Directions:**

1. Line slow cooker with a large piece of parchment paper. Add a layer of lemon slices to the bottom of the slow cooker, then lay salmon on top.
2. Season salmon generously with salt and pepper. Add broth and lemon juice to slow cooker. Liquid should come about halfway up your fillet. Top salmon with more lemons and cook on low for 2 hours, or until opaque and flaky.

## Blackened Salmon Tacos



<b>Yields:</b> 2 Servings	<b>Prep Time:</b> 0 hours 10 mins	<b>Total Time:</b> 0 hours 20 mins
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**Ingredients:**

For salmon

**Directions**



- 1 lb. salmon
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. Cajun spice
- 2 tbsp. extra-virgin olive oil

For salsa/serving

- 1 c. diced pineapple
- 2 ripe avocados, diced
- 1/4 c. red onion, diced
- 2 small tomatoes, diced
- Juice of 1 lime, plus wedges for serving
- Freshly chopped cilantro, for garnish
- 6 corn tortillas, warmed or grilled

1. Pat salmon dry, if necessary, then evenly season all sides of the filets with salt, pepper, and Cajun spice.
2. In a large skillet over medium heat, heat oil. When oil is hot but not smoking, add salmon. Cook until deeply golden, about 5 to 6 minutes, then flip and cook for another 2 to 3 minutes, until salmon is opaque.
3. Let rest and cool slightly, then flake into large pieces.
4. Make pineapple avocado salsa: In a medium bowl, add pineapple, avocado, onion, tomatoes, and lime juice. Season with salt and toss to combine.
5. Assemble tacos: Top tortillas with salmon, avocado salsa, and cilantro. Serve with lime wedges for squeezing.

## Creamy Coconut-Lime Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 30 mins

**Ingredients:**

- 2 tbsp. coconut oil, divided

**Directions:**

1. In a large cast-iron skillet, heat 1 tablespoon oil over medium-high heat.



- 4 (6-oz.) skinless salmon fillets, patted dry
- 1 tsp. kosher salt, divided
- 1/2 small onion, minced
- 2 cloves garlic, minced
- 1 1/2" piece ginger, grated
- 1 (13.66-oz.) can Thai Kitchen coconut milk
- 1 tbsp. fresh lime juice, plus lime wedges for serving
- 2 tbsp. chopped fresh basil
- 1 Fresno chili, seeded and chopped

Season the salmon with 1/2 teaspoon salt. When oil is hot but not smoking, add salmon skin side up. Let sit undisturbed until golden and salmon easily releases from pan, about 4 minutes. Use a thin metal spatula, flip salmon and cook until golden on the other side, about 2 minutes more. Remove to a plate.

2. Reduce heat to medium and add remaining tablespoon oil and onion to skillet. Cook, stirring occasionally, until softened, 2 minutes. Add garlic and ginger and cook, stirring, until fragrant, 1 minute.
3. Stir in coconut milk and bring to a simmer. Cook, stirring occasionally, until thickened, 5 minutes. Stir in lime juice and remaining 1/2 teaspoon salt.
4. Remove from heat and return salmon to pan. Garnish with basil and Fresno chili, and serve with lime wedges.

## How To Cook Salmon Steak



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 5 mins

**Total Time:**  
0 hours 15 mins

**Ingredients:**

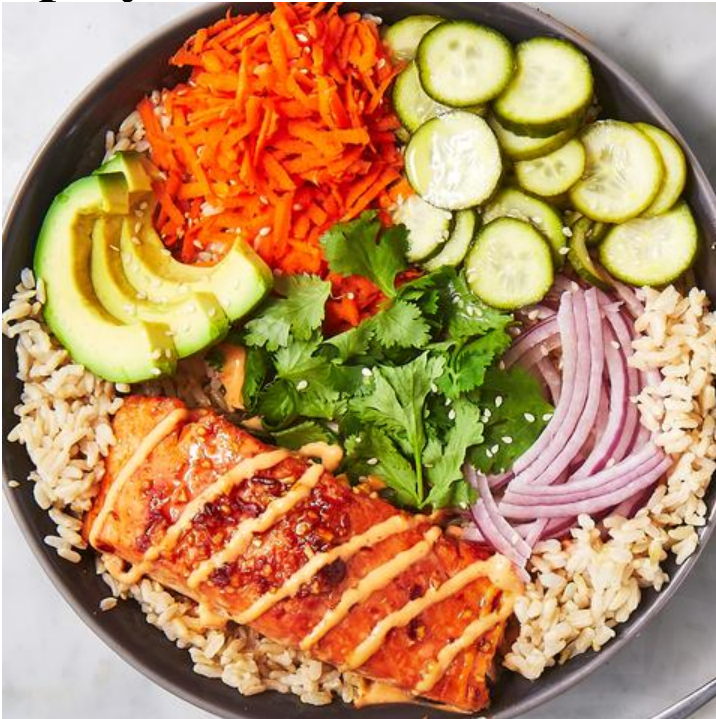
**Directions:**



- 4 (12-oz.) salmon steaks (bones removed)
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. butter
- 2 cloves garlic, minced
- Juice of 1 lemon
- 2 tbsp. honey
- 1/4 tsp. crushed red pepper flakes
- Freshly chopped parsley, for serving

1. Season salmon on both sides with salt and pepper. In a large skillet over medium-high heat, heat oil and butter. Add salmon and cook until bottom is golden, 5 minutes, then flip. Add garlic, lemon juice, honey, and red pepper flakes. Cook until salmon is cooked through, another 5 minutes, spooning sauce over salmon as it cooks.
2. Garnish with parsley before serving.

## Spicy Salmon Bowl



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 20 mins

**Total Time:**  
1 hour 0 mins

### **Ingredients:**

#### For the salmon

- 1/3 c. low-sodium soy sauce
- 1/3 c. extra-virgin olive oil
- 1/4 c. chili garlic sauce
- Juice of 1 lime
- 2 tbsp. honey
- 4 cloves garlic, minced
- 4 (4-oz.) salmon fillets

#### For the quick pickled cucumbers

### **Directions:**

1. Make salmon: Preheat oven to 350° and line a large baking sheet with foil. In a medium bowl, whisk together soy sauce, olive oil, chili garlic sauce, lime juice, honey, and garlic. Add salmon and gently toss to combine. Place on prepared baking sheet and bake until salmon is fork-tender, 20 to 25 minutes.



- 1/2 c. rice vinegar or rice wine vinegar
- 1 tbsp. granulated sugar
- 1 tsp. kosher salt
- 2 tsp. toasted sesame oil
- 3 Persian cucumbers, thinly sliced
- For the spicy mayo
- 1/2 c. mayonnaise
- 2 tbsp. Sriracha
- 2 tsp. toasted sesame oil

For the bowls

- Cooked brown rice
- 1 avocado, sliced
- 1 medium carrot, grated
- 1/2 red onion, thinly sliced
- Cilantro leaves, torn Sesame seeds
- Cilantro leaves, torn
- Sesame seeds

2. Meanwhile, make pickled cucumbers: In a microwave-safe bowl or jar, add vinegar, sugar, and salt and microwave until sugar and salt are dissolved, about 2 minutes. Stir in sesame oil, then add cucumbers and shake to combine. Cover with a tight-fitting lid or plastic wrap until ready to use.
3. Make spicy mayo: In a small bowl, combine mayonnaise, Sriracha, and sesame oil.
4. Assemble bowls: Divide rice among 4 bowls. Top with salmon, pickled cucumbers, avocado, carrot, red onion, cilantro, and sesame seeds. Drizzle with spicy mayo.

## Baked Pineapple Salmon



**Yields:**  
6 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 55 mins

**Ingredients:**

- Cooking spray, for pan
- 17 pineapple rings, fresh or canned
- 1 large salmon fillet (about 3 lbs.)
- Kosher salt

**Directions:**

1. Preheat oven to 350°. Line a large rimmed baking sheet with foil and grease with cooking spray. In the center of the foil, lay pineapple slices in an even layer.



- Freshly ground black pepper
  - 3 tbsp. melted butter
  - 3 tbsp. sweet chili sauce
  - 2 tbsp. freshly chopped cilantro
  - 3 cloves garlic, minced
  - 2 tsp. freshly grated ginger
  - 2 tsp. toasted sesame oil
  - 1/2 tsp. crushed red pepper flakes
  - Toasted sesame seeds, for garnish
  - Thinly sliced green onions, for garnish
  - Lime wedges, for serving
2. Season both sides of the salmon with salt and pepper and place on top of pineapple slices.
  3. In a small bowl, whisk together butter, chili sauce, cilantro, garlic, ginger, sesame oil, and red pepper flakes. Brush all over salmon fillet.
  4. Bake until the salmon is cooked through, about 25 minutes. Switch the oven to broil, and broil for 2 minutes, or until fish is slightly golden. Garnish with sesame seeds and green onions and serve with lime wedges.

## Tuscan Butter Salmon



<b>Yields:</b> 4 servings	<b>Prep Time:</b> 0 hours 10 mins	<b>Total Time:</b> 0 hours 45 mins
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### Ingredients:

- 2 tbsp. extra-virgin olive oil
- 4 (6-oz) salmon fillets, patted dry with paper towels
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. butter

### Directions:

1. In a large skillet over medium-high heat, heat oil. Season salmon all over with salt and pepper. When oil is shimmering but not smoking, add salmon skin side up and cook until deeply golden, about 6 minutes. Flip



- 3 cloves garlic, minced
- 1 1/2 c. halved cherry tomatoes
- 2 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated Parmesan
- 1/4 c. chopped herbs (such as basil and parsley), plus more for garnish
- Lemon wedges, for serving (optional)

over and cook 2 minutes more.  
Transfer to a plate.

2. Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst, then add spinach. Cook until spinach is beginning to wilt.
3. Stir in heavy cream, Parmesan, and herbs and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.
4. Return salmon back to skillet and spoon over sauce. Simmer until salmon is cooked through, about 3 minutes more.
5. Garnish with more herbs and squeeze lemon on top before serving.

## Smoked Salmon Pasta



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 30 mins

### Ingredients:

- 1 lb. spaghetti
- 1/2 red onion, chopped

### Directions:

1. In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain,



- 2 cloves garlic, minced
- 1/4 c. white wine
- 3/4 c. heavy cream
- Juice of 1/2 lemon
- Kosher salt
- Freshly ground black pepper
- 1/2 lb. smoked salmon, cut into bite size pieces
- 1/4 c. capers, drained
- 2 tbsp. freshly chopped dill, plus more for garnish

reserving 1/2 cup pasta water, and return to pot.

2. In a large skillet over medium heat, heat oil. Add onion and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add wine and cook until almost completely reduced, 5 minutes. Add heavy cream and lemon juice and cook until thickened, another 5 minutes. Season with salt and pepper.
3. Add salmon, capers, and dill and cook until salmon is warmed through, 2 minutes, then toss sauce and pasta together. Add 1/4 cup pasta water if sauce is too thick. Garnish with more dill to serve.

## Salmon Meatballs With Avocado Crema



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 20 mins

**Total Time:**  
0 hours 40 mins

### Ingredients:

- 1 lb. salmon filet, skinned, cut into cubes
- 1/4 c. Panko breadcrumbs
- 1/2 tsp. chili powder
- 2 tbsp. freshly chopped parsley
- 2 cloves garlic, minced
- 1 egg
- Kosher salt

### Directions:

1. Preheat oven to 350°. Line a large, rimmed baking sheet with parchment paper and coat with cooking spray.
2. Make salmon meatballs: In the bowl of a food processor, add salmon. Process until finely chopped, then transfer to a large bowl. Add Panko, chili powder, parsley, garlic, and egg and season generously with salt and



- Freshly ground black pepper

#### For the avocado crema

- 1 avocado
- Juice of 2 limes
- 1/4 c. sour cream (or yogurt)
- 1/4 c. basil
- 2 tbsp. parsley

pepper. Stir to combine, then form into tablespoon-sized meatballs. Place onto baking sheet.

3. Bake until meatballs are slightly golden and cooked through, 15-17 minutes.
4. Meanwhile, make avocado crema: In a food processor, add avocado, lime juice, yogurt, basil, and parsley. Season with salt and pepper, then process until smooth. If the sauce is too thick, thin it out with water.
5. Serve meatballs drizzled with avocado crema and garnish with more parsley.

## Creamy Lemon Garlic Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 30 mins

#### **Ingredients:**

- 4 (6-oz.) salmon fillets
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. butter
- 3 cloves garlic, minced
- 1 tbsp. all-purpose flour
- 1 1/4 c. heavy cream
- Juice and zest of 1 lemon
- 2 tbsp. chopped dill
- Crushed red pepper flakes

#### **Directions:**

1. Season salmon all over with salt and pepper. In a large skillet over medium-high heat, heat oil. Add salmon, skin side-up, and cook until golden and seared, 6 minutes. Flip and cook until skin is crispy, about 5 minutes. Remove salmon from skillet and transfer to a plate.
2. Reduce heat to medium, and melt butter. Stir in garlic and cook 30 seconds, then stir in flour and cook 30 seconds more. Whisk in heavy cream. Bring to a simmer and let thicken



slightly, 2 to 4 minutes. Stir in lemon zest and juice and dill. Season with salt and pepper then return salmon to skillet and let simmer in sauce for 1 minute.

3. Garnish with crushed red pepper flakes before serving.

## Honey Mustard Roasted Salmon



**Yields:**  
6 Servings

**Prep Time:**  
0 hours 5 mins

**Total Time:**  
0 hours 30 mins

### Ingredients:

- Cooking spray
- 1 lemon sliced
- 1 (3-lb.) salmon fillet
- Kosher salt
- Freshly ground black pepper
- 1/2 c. whole grain mustard
- 1/4 c. extra-virgin olive oil
- 1/4 c. honey
- 2 cloves garlic, minced
- 1/2 tsp. red pepper flakes
- Freshly chopped parsley, for serving

### Directions:

1. Preheat oven to 400° and grease a 9"-x-13" baking dish with cooking spray. Place lemon slices on bottom of dish and place salmon on top. Season with salt and pepper.
2. In a medium bowl whisk together mustard, oil, honey, garlic, and red pepper flakes. Season with salt and pepper then pour sauce over salmon.
3. Roast salmon until cooked through and flakes easily with a fork, 20 minutes.
4. Turn oven to broil and broil another 5 minutes, if desired.
5. Garnish with parsley before serving



## Bruschetta Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 25 mins

### Ingredients:

- 4 (6-oz.) salmon fillets
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 3 cloves garlic, minced
- 2 shallots, minced
- 3 c. halved cherry tomatoes
- Juice of 1/2 lemon
- 1/4 c. thinly sliced basil
- Freshly grated Parmesan, for serving
- Balsamic glaze, for drizzling

### Directions:

1. Season salmon all over with oregano, salt and pepper.
2. In a large skillet over medium heat, heat olive oil. When oil is shimmering but not smoking, add salmon skin-side up and cook until deeply golden, about 6 minutes. Flip and cook 6 minutes, until salmon is opaque and flakes easily. Transfer to a plate.
3. Add remaining tablespoon olive to skillet, then stir in garlic and shallots. Cook until garlic is fragrant, about 1 minute. Add tomatoes and season with salt and pepper. Cook, stirring frequently, until tomatoes just begin to burst. Remove from heat and squeeze over lemon juice.
4. Serve salmon with tomato mixture spooned on top. Garnish each serving with basil and Parmesan, then drizzle with balsamic glaze.

## Creamed Spinach–Stuffed Salmon



**Cal/Serv:**  
440

**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 25 mins

#### Ingredients

- 4 (6-oz.) salmon fillets
- Kosher salt
- Freshly ground black pepper
- 1/2 (8-oz.) block cream cheese, softened
- 1/2 c. shredded mozzarella
- 1/2 c. frozen spinach, defrosted
- 1/4 tsp. garlic powder
- Pinch of red pepper flakes
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. butter
- Juice of 1/2 lemon

#### Directions:

1. Season salmon all over with salt and pepper. In a large bowl, mix together cream cheese, mozzarella, spinach, garlic powder, and red pepper flakes.
2. Using a paring knife, slice a slit in each salmon to create a pocket. Stuff pockets with cream cheese mixture.
3. In a large skillet over medium heat, heat oil. Add salmon skin side down and cook until seared, about 6 minutes, then flip salmon. Add butter and squeeze lemon juice all over. Cook until skin is crispy, another 6 minutes. Serve warm.



# Foil Pack Grilled Salmon with Lemony Asparagus



Cal/Serv:  
360

Yields:  
4 Servings

Prep Time:  
0 hours 10 mins

Total Time:  
0 hours 20 mins

## Ingredients:

- 20 asparagus spears, trimmed
- 4 6-oz. skin-on salmon fillets
- 4 tbsp. butter, divided
- 2 lemons, sliced
- kosher salt
- Freshly ground black pepper
- Torn fresh dill, for garnish

## Directions:

1. Lay two pieces of foil on a flat surface. Place five spears of asparagus on foil and top with a fillet of salmon, 1 tablespoon butter, and two slices lemon. Loosely wrap, then repeat with remaining ingredients until you have four packets total.
2. Heat grill on high. Add foil packets to grill and grill until salmon is cooked through and asparagus is tender, about 10 minutes.
3. Garnish with dill and serve.

# Salmon Burgers



**Yields:**  
3 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 25 mins

**Ingredients:**

- 1 (14 oz.) can salmon, drained
- 1 large egg, lightly beaten
- 1/2 c. bread crumbs
- 1 clove garlic, minced
- Zest and juice of 1 lemon
- 2 tbsp. freshly chopped dill
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 1/2 tsp. red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. extra-virgin olive oil
- Hamburger buns, for serving
- Mayonnaise, for serving
- Romaine, for serving
- Tomato, for serving
- Red onion, for serving

**Directions:**

1. In a large bowl, combine salmon with egg, bread crumbs, garlic, lemon zest and juice, dill, dijon, Worcestershire and red pepper flakes. Season with salt and pepper and stir until fully combined, then form into 3 to 4 patties.
2. In a large skillet, heat oil. Add patties and cook until golden, about 4 minutes on each side.
3. Serve patties on buns with mayonnaise, romaine, tomatoes, and onions.

## Cilantro Lime Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 35 mins

**Ingredients:**

- 2 tbsp. extra-virgin olive oil
- 4 (6-oz.) salmon fillets
- kosher salt
- Freshly ground black pepper
- 2 tbsp. butter
- 2 cloves garlic, minced
- 1/2 c. low-sodium vegetable broth
- 1/4 c. lime juice
- 2 tbsp. honey
- 1/2 tsp. cumin
- 1/4 c. freshly chopped cilantro, plus more for garnish
- 1 1/2 c. cooked white rice, for serving

**Directions:**

1. In a large skillet over medium-high heat, heat oil. Season salmon all over with salt and pepper, then add to the skillet skin-side up. Cook salmon until deeply golden, about 6 minutes, then flip over and cook 2 minutes more. Transfer to a plate.
2. Add butter and garlic. When the butter has melted and looks foamy, stir in broth, lime juice, honey, and cumin. Bring mixture to a simmer then stir in cilantro.
3. Reduce heat to medium and add the salmon back to the skillet. Simmer until the sauce has reduced and the



salmon is cooked through, 3 to 4 minutes more.

4. Garnish with more cilantro and serve over cooked white rice.

## Cilantro Lime Grilled Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 5 mins

**Total Time:**  
0 hours 25 mins

### Ingredients:

- 4 (6-oz.) salmon fillets
- Kosher salt
- Freshly ground black pepper
- 4 tbsp. butter
- 1/2 c. lime juice
- 1/4 c. honey
- 2 garlic cloves, minced
- 2 tbsp. Chopped cilantro

### Directions:

1. Season salmon with salt and pepper. Heat grill and place salmon on grill flesh side down. Cook for 8 minutes then flip and cook on other side until salmon is cooked through, 6 minutes more. Let rest 5 minutes.
2. Meanwhile make sauce: In a medium saucepan over medium heat, add butter, lime juice, honey, and garlic. Stir until butter is melted and all ingredients are combined. Turn off heat and add cilantro.



3. Pour sauce over salmon and serve.

## Balsamic Glazed Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 50 mins

### Ingredients:

- 1 lb. Brussels sprouts, halved
- 1/4 c. extra-virgin olive, divided
- kosher salt
- Freshly ground black pepper
- 1/2 c. balsamic vinegar
- 1/4 c. dry white wine
- 2 tbsp. brown sugar
- 1 tbsp. fresh rosemary, stripped and chopped
- 1 clove garlic, minced
- Juice of 1/2 lemon
- 4 4-oz. salmon filets

### Directions:

1. Preheat oven to 400 degrees. Add brussels sprouts to a large, rimmed baking sheet, drizzle with half the olive oil and season all over with salt and pepper. Bake for 20 minutes while you make glaze.
2. In a small saucepan over medium heat, combine balsamic, wine, brown sugar, lemon, rosemary, and garlic. Bring to a boil, then simmer until thick and shiny, 10-12 minutes.
3. Remove pan from the oven, place salmon filets skin-side down among



brussels sprouts, brush with remaining olive oil, season with more salt and pepper, and spoon with glaze. Bake until salmon is cooked through and brussels sprouts are crispy, 12-15 minutes.

## Cajun Parmesan Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 25 mins

**Total Time:**  
0 hours 45 mins

### Ingredients:

- 1 tbsp. extra-virgin olive oil
- 4 (4-oz.) fillets salmon (preferably wild)
- 2 tsp. Cajun seasoning, diived
- Freshly ground black pepper
- 2 tbsp. butter
- 3 cloves garlic, minced
- 1/3 c. low-sodium chicken or vegetable broth
- Juice of 1 lemon

### Directions:

1. In a large skillet over medium-high heat, heat oil. Season salmon with 1 teaspoon Cajun seasoning and pepper, then add to the skillet skin-side up. Cook salmon until deeply golden, about 6 minutes, then flip and cook 2 minutes more. Transfer to a plate.
2. Add butter and garlic to skillet. When butter has melted, stir in broth, lemon juice, honey, remaining teaspoon



- 1 tbsp. honey
- 1 tbsp. freshly chopped parsley, plus more for garnish
- 2 tbsp. freshly grated Parmesan
- Lemon slices, for serving

- Cajun seasoning, parsley, and Parmesan. Bring mixture to a simmer.
3. Reduce heat to medium and add salmon back to skillet. Simmer until sauce has reduced and salmon is cooked through, 3 to 4 minutes more.
  4. Add lemon slices to skillet and serve.

## Cilantro Lime Salmon Bowls



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 45 mins

### Ingredients:

- 3 red peppers, sliced into strips
- 2/3 c. olive oil, plus 1 tablespoon
- kosher salt
- Freshly ground black pepper
- 1/3 c. lime juice
- 2 tbsp. finely chopped cilantro, plus more for serving
- 2 tsp. honey
- 1 Garlic clove, minced
- 4 salmon filets

### Directions:

1. Preheat oven to 400° and line a large baking sheet with parchment paper. Place bell peppers onto baking sheet and toss with 1 tbsp olive oil. Season with salt and pepper and place in the oven to bake for 10 minutes.
2. Meanwhile, make cilantro lime marinade: combine olive oil, lime juice, cilantro, honey, and garlic and whisk to combine. Place salmon in a



- 4 c. cooked brown rice
- 1 avocado, thinly sliced
- Lime wedges, for serving

large bowl and season with salt and pepper. Pour half the marinade over filets. Toss until fully coated. Set aside remaining marinade.

3. When peppers have baked for 10 minutes, remove from oven and place filets on top of peppers. Bake until peppers are tender and salmon is cooked through, 15 to 20 minutes more.
4. Assemble bowls: divide rice into four bowls and top with salmon, peppers, avocado and a wedge of lime. Garnish with cilantro and serve with extra marinade on the side.

## Lemon Butter Salmon Foil Packs



**Yields:**  
4 - 6 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 20 mins

### Ingredients:

- 2 zucchinis, thinly sliced
- 2 cloves garlic, minced
- kosher salt

### Directions:

1. Preheat grill to medium-high.
2. Lay a large piece of foil on a flat surface. Top with a single layer of



- Freshly ground pepper
- 2 lemons, thinly sliced
- 6 salmon fillets
- 4 tbsp. butter, divided
- 4 sprigs thyme
- white wine
- Fresh parsley, for garnish

sliced zucchini and scatter some garlic on top.

3. Season with salt and pepper, then lay a few lemon slices down. Top with a salmon fillet and season with more salt and pepper.
4. Place a tablespoon of butter on top of the salmon fillet. Add a sprig of thyme, then pour a small splash of white wine over salmon.
5. Fold the foil in half then fold up the edges to seal the packet. Repeat with remaining ingredients to make four packets.
6. Place packets on grill and cook until the salmon is cooked through and the zucchini is tender, 10 to 12 minutes.
7. Garnish with parsley and serve warm.

## Ginger Salmon with Sesame Cucumbers



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 35 mins

### **Ingredients:**

#### For The Sesame Cucumbers

- 1 tbsp. sesame seeds
- 1 English cucumber, thinly sliced

### **Directions:**

1. Make sesame cucumbers: Put the sesame seeds in a small dry skillet over medium heat. Cook, tossing, for 2 to 3 minutes, until toasted. Let cool.



- 1 jalapeño pepper, seeded and thinly sliced into half-moons
- Juice of 1 lemon
- 1 tbsp. extra-virgin olive oil
- 1/4 tsp. kosher salt
- 1 tbsp. Chopped fresh dill

#### For The Salmon

- 1 1/2 lb. skinless salmon fillet (about 1 1/4" thick)
- 1/3 c. reduced-sodium soy sauce
- 2 tbsp. honey
- 2 tbsp. fresh orange juice
- 1 tbsp. grated fresh ginger (about a 1" piece)

- In a medium bowl, combine the cucumber, jalapeño, lemon juice, oil, and salt. Stir in dill and sesame seeds.
2. Put the whole salmon fillet in a large zip-top plastic bag. In a small bowl, combine the soy sauce, honey, orange juice, and ginger. Reserve 3 tablespoons of the mixture and set aside. Pour the remaining mixture over the salmon. Squeeze out the air and seal the bag. Refrigerate for 15 minutes to let marinate (flip the salmon over halfway through so both sides marinate evenly).
  3. Preheat the broiler (with the oven rack about 4 inches from the top). Line a rimmed sheet pan with aluminum foil.
  4. Place the salmon on the prepared pan and discard the marinade. Broil for about 5 minutes, or until the top of the salmon begins to char. Pull the pan out and spoon half of the reserved soy sauce mixture over the salmon. Broil for 1 minute, then add the remaining soy mixture and broil for 1 minute more. The top should be nice and charred but not burned.
  5. You can check for doneness by inserting the tip of a paring knife into the thickest part of the salmon. If the salmon flakes easily but still has a slightly darker orange center (medium-rare to medium), then it's done. If not, or if you like your salmon cooked more, then broil 1 to 2 minutes more. Cut into 4 pieces and serve with the sesame cucumbers.

## Poached Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 5 mins

**Total Time:**  
0 hours 20 mins

**Ingredients:**

- 4 (6-oz.) skinless salmon fillets
- Kosher salt
- Freshly ground black pepper
- 1 c. dry white wine
- 1 c. water
- Few sprigs fresh dill, plus more for serving
- 3 cloves garlic, smashed
- Lemon wedges, for serving

**Directions:**

1. Season salmon on both sides with salt and pepper. In a shallow pan over medium heat, bring wine, water, dill, and garlic cloves to a boil then reduce heat to a simmer. Add salmon fillets and let simmer, covered, until cooked through, 10 minutes. Remove salmon carefully with a fish spatula or large slotted spoon.
2. Serve with fresh dill and lemon wedges.

## Salmon Foil Packs



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 30 mins

**Ingredients:**

- 1/4 c. soy sauce
- 1 piece ginger, grated
- 2 cloves garlic, grated
- 1 tbsp. honey
- 2 red onions, cut into 1/2" half moons
- 4 salmon pieces (about 2 lbs.)
- 2 red bell peppers, cut into 1" pieces
- 1 head broccoli, cut into florets
- 2 green onions, chopped

**Directions:**

1. Preheat oven to 375°.
2. Make sauce: In a small bowl, combine soy sauce, ginger, garlic, and honey.
3. Prepare 12"-x-18" heavy duty foil pieces. Place a handful of onions and a piece of salmon, skin side down, in the center of the foil and generously spoon over sauce. Divide bell peppers and broccoli to surround the salmon, then close foil over it and crimp each edge tightly. Repeat for remaining foil packets.
4. Place foil packets on a heavy sheet pan and bake for 20 minutes—carefully open foil packets as steam will escape. Garnish with green onions and serve immediately.

## Lemon Glazed Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 25 mins

**Total Time:**  
0 hours 25 mins

**Ingredients:**

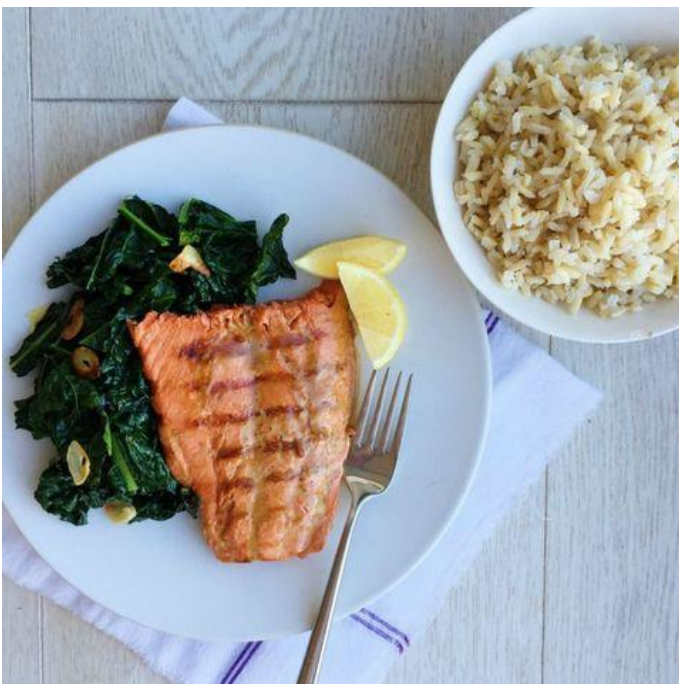
- 2 tbsp. extra-virgin olive oil
- 4 6-oz. salmon fillets, patted dry with paper towels
- kosher salt
- Freshly ground black pepper
- 3 tbsp. unsalted butter
- 3 cloves garlic, minced
- Juice and zest of 1 lemon, plus 1 thinly sliced lemon
- 1 c. low-sodium chicken broth
- 2 tbsp. chopped fresh parsley

**Directions:**

1. In a large skillet over medium-high heat, heat oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, then flip over and cook 2 minutes more. Transfer to a plate.
2. Reduce heat to medium, then add 1 tablespoon butter, garlic, and lemon juice and zest and cook 2 minutes. Add lemon slices and chicken broth to skillet and season with salt and pepper. Simmer on low until reduced, 3 to 5 minutes.
3. Return salmon back to skillet and simmer until salmon is cooked through, 3 to 4 minutes. Add remaining 2 tablespoons butter and stir to create creamy sauce.
4. Garnish with parsley and serve immediately.



# Soy-Glazed Salmon with Garlicky Kale and Rice



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 40 mins

## Ingredients:

- 1 c. brown rice
- Kosher salt
- 2 tbsp. soy sauce
- 2 tbsp. honey
- 1 tbsp. Dijon mustard
- 1 tbsp. lemon juice
- 1 1/4 lb. salmon (whole pieces or fillets)
- 3 tbsp. extra-virgin olive oil, divided
- Freshly ground black pepper
- 2 cloves garlic, thinly sliced
- 2 bunches Tuscan Kale, chopped
- Lemon wedges, for serving

## Directions:

1. In a small saucepan with a tight-fitting lid, combine rice, 1½ cups water, and a generous pinch of salt. Bring to a boil, then reduce heat and simmer, covered, 18 minutes. Remove from heat and steam with lid 5 minutes more. Fluff with a fork.
2. Meanwhile, in a small bowl, whisk together soy sauce, honey, mustard, and lemon juice. Place salmon skin-side down in a baking dish and drizzle with olive oil. Season with salt and pepper and pour over half the sauce.
3. Heat a grill pan over high heat. Grill salmon skin side-up, 4 minutes, then flip and brush with remaining sauce. Grill until cooked through, 4 to 5 minutes more.
4. In a large skillet over medium-high heat, heat remaining 2 tablespoons olive oil. Cook garlic until fragrant



and beginning to turn golden, 2 minutes. Add kale and cook until beginning to wilt, 4 minutes. Season with salt and pepper.

5. Serve salmon with kale, brown rice, and lemon.

## Garlic-Lemon Salmon Piccata



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 25 mins

### Ingredients:

- 1 c. all-purpose flour
- kosher salt
- Freshly ground black pepper
- 4 6-oz. salmon fillets
- 3 tbsp. butter, divided
- 1 tbsp. extra-virgin olive oil
- 3 cloves garlic, minced

### Directions:

1. In a shallow baking dish, add flour. Season with salt and pepper and add salmon, then toss until coated.
2. In a large skillet over medium heat, melt 1 tablespoon butter and olive oil. Add salmon and cook until golden, 5 minutes per side. Transfer to a plate.



- 1/3 c. freshly squeezed lemon juice
  - 1/4 c. dry white wine
  - 1/4 c. capers, drained
  - 1 lemon, thinly sliced
  - 4 c. baby spinach
  - Chopped fresh parsley, for garnish
3. Add remaining 2 tablespoons butter to skillet. Add garlic and cook until fragrant, 1 minute, then add lemon juice and white wine and bring to a simmer. Stir in capers, lemon slices and spinach and let cook down until wilted, 2 minutes.
  4. Return salmon to skillet and combine.
  5. Garnish with parsley and serve.

## Garlic Parmesan Salmon



**Yields:**  
6 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 40 mins

### Ingredients:

- Cooking spray
- 1 tbsp. extra-virgin olive oil
- 2 tbsp. freshly chopped parsley
- 1/4 c. finely grated Parmesan, plus more for serving
- 4 cloves garlic, minced
- Kosher salt
- Freshly ground black pepper
- 1 (3-lb.) salmon fillet
- Lemon wedges, for serving

### Directions:

1. Preheat oven to 400° and line a large baking sheet with aluminum foil and spray with cooking spray. In a small bowl, mix together oil, parsley, Parmesan, and garlic and season with salt and pepper.
2. Place salmon on prepared baking sheet and brush garlic mixture all over salmon.
3. Cover with foil and bake until salmon is cooked through, 15 to 20 minutes.
4. Sprinkle with more Parmesan and serve with lemon wedges.



# Hoisin-Glazed Salmon with Broccoli and Sesame Rice



<b>Yields:</b> 4 Servings	<b>Prep Time:</b> 0 hours 10 mins	<b>Total Time:</b> 0 hours 30 mins
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## Ingredients:

- 1 c. white rice, such as jasmine or Basmati
- 1 lb. small broccoli florets, from 2 large heads
- 2 tbsp. canola oil
- kosher salt
- 4 6-oz. skinless salmon fillets
- 1 tbsp. hoisin sauce
- 1/4 c. sesame seeds, plus more for garnish
- 2 tbsp. rice vinegar

## Directions:

1. Preheat oven to 400° with a rack set in the center. Cook rice according to package directions.
2. Meanwhile, toss broccoli with oil and salt on a rimmed baking sheet. Place salmon between broccoli and brush with hoisin. Roast until just opaque throughout, 12 to 15 minutes.
3. Stir sesame seeds and vinegar into rice and season to taste with salt, if needed. Divide between serving bowls and top with broccoli and salmon. Sprinkle with sesame seeds and serve.

# Spicy Coconut Salmon



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 25 mins

**Ingredients:**

- 1 tsp. extra-virgin olive oil, plus more for drizzling
- 2 cloves garlic, minced
- 1/2 c. diced onion
- 1 1/2" piece ginger, grated
- 1 tsp. crushed red pepper flakes, plus more for serving
- 1 13.5-oz can coconut milk
- 4 salmon pieces (about 2 lbs.)
- kosher salt
- Freshly ground black pepper
- 2 tbsp. chopped fresh cilantro

**Directions:**

1. In a saucepan over medium heat, warm 1 teaspoon olive oil and cook garlic, onions, ginger, and red pepper flakes until softened, 3 minutes. Add coconut milk and bring to a boil, then simmer on medium until thickened, 10 to 12 minutes.
2. Meanwhile, preheat a large cast-iron skillet over medium-high heat. Season salmon with salt and pepper, then drizzle skillet with olive oil and sear salmon, 4 minutes per side.
3. Serve salmon with warm spicy coconut milk sauce and top with red pepper flakes and cilantro.

## Salmon Cakes with Cucumber Dill Salad



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 15 mins

**Total Time:**  
0 hours 20 mins

**Ingredients:**

- 1 lb. salmon (skin removed), diced
- 1 shallot, minced
- 2 tbsp. capers
- 1 Garlic clove, minced
- Juice and zest of 1 lemon, divided
- 6 tbsp. fresh dill, divided
- 1 egg white
- 1/2 c. panko bread crumbs
- 1/2 c. Greek yogurt
- kosher salt
- Freshly ground black pepper
- 2 tbsp. white wine vinegar
- 3 tbsp. extra-virgin olive oil
- 1 cucumber, halved lengthwise and thinly sliced

**Directions:**

1. In a food processor, combine salmon, shallot, capers, garlic, 3 teaspoons lemon zest, 1 tablespoon lemon juice, and 3 tablespoons dill and pulse several times to combine. Add egg white and panko crumbs and pulse until combined. Transfer to a bowl and divide salmon mixture into 8 patties.
2. Make dip: In a small bowl, whisk together Greek yogurt with remaining lemon zest and lemon juice. Season with salt and pepper. Chill until ready to use.
3. Make cucumber salad: In a large bowl, whisk together vinegar and olive oil. Add cucumber, onion, and remaining dill and toss gently to combine.
4. Season salmon patties with salt and pepper. Heat a lightly oiled nonstick skillet over medium-high heat, then cook salmon patties until golden and cooked through, 2 to 3 minutes per side.



5. Serve salmon cakes with cucumber salad, yogurt dip, and lemon wedges.

## Roasted Salmon and Cauliflower with Parsley-Caper Sauce



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 25 mins

### Ingredients:

- 1 1/4 lb. salmon
- kosher salt
- Freshly ground black pepper
- 6 tbsp. extra-virgin olive oil, divided
- 1/2 lemon, cut into thin slices
- 1 large head cauliflower, cut into florets
- Juice of 1 lemon
- 1 tbsp. capers
- 1/2 c. fresh parsley leaves
- 1 clove garlic, minced

### Directions:

1. Preheat oven to 450°.
2. Place salmon on a large piece of aluminum foil. Season with salt and pepper, drizzle with 1/2 tablespoon olive oil, and top with lemon slices. Fold short ends of the foil toward the center; bring the long ends together and roll up to seal the salmon. Place salmon packet in the center of a baking sheet.
3. In a large bowl, toss cauliflower with 1 1/2 tablespoons olive oil and season with salt and pepper. Scatter cauliflower on the baking sheet surrounding salmon packet. Place in the oven and bake until salmon is cooked through, 12 minutes. Remove



foil packet and bake 3 to 5 minutes more or until cauliflower is golden.

4. Make sauce: In a food processor, pulse lemon juice, capers, parsley, garlic, and remaining 4 tablespoons olive oil. Season with salt and pepper.
5. Serve salmon and cauliflower with parsley-caper sauce.

## Blackened Salmon with Corn, Tomato, and Avocado Salad



<b>Yields:</b> 4 Servings	<b>Prep Time:</b> 0 hours 20 mins	<b>Total Time:</b> 0 hours 25 mins
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### Ingredients:

- 4 five-oz. pieces wild salmon
- 1 1/2 tsp. coriander
- 1 1/2 tsp. brown sugar
- 1 1/2 tsp. chili powder
- kosher salt
- 6 tbsp. extra-virgin olive oil, divided
- 1/2 shallot, thinly sliced
- 3 tbsp. red wine vinegar
- 3 ears of corn, kernels removed
- 1/2 pt. red grape tomatoes, halved
- 1/2 pt. yellow table tomatoes, halved

### Directions:

1. Preheat oven to 400°. Arrange salmon skin-side down on plate.
2. In a small bowl, whisk together coriander, brown sugar, and chili powder and season with salt. Rub mixture into salmon.
3. Place shallots and red wine vinegar in small bowl and let sit. In large bowl, stir together corn, tomatoes, avocados, and cilantro.
4. Heat 3 tablespoons olive oil in large non-stick ovenproof skillet over



- 1 1/2 avocados, diced
- 1/4 c. finely chopped fresh cilantro
- Freshly ground black pepper

medium-high heat until nearly smoking. Sear salmon fillets skin-side up 2 minutes. Flip, then transfer skillet to oven and cook 3 minutes more or until salmon is just cooked through.

5. Add red wine vinegar and shallots to corn mixture, along with remaining 3 tablespoons olive oil. Season with salt and pepper.

## Salmon Piccata



**Yields:**  
4 Servings

**Prep Time:**  
0 hours 10 mins

**Total Time:**  
0 hours 35 mins

### Ingredients:

- 4 (8-oz.) salmon fillets
- Kosher salt
- Freshly ground black pepper
- 1/2 c. plus 2 tbsp. all-purpose flour, divided
- 2 tbsp. olive oil
- 2 tbsp. butter
- 2 cloves garlic, minced

### Directions:

1. Season salmon fillets with salt and pepper and dredge in flour, shaking off any excess flour.
2. In a large skillet over medium heat, heat olive oil. Sear salmon until golden on both sides, 4 to 5 minutes a side. Transfer salmon to plate and tent with foil to keep warm while making sauce.



- 1/4 c. white wine
  - 1 c. chicken stock
  - Juice of 1 lemon
  - 1/2 lemon, thinly sliced
  - Scant 1/4 c capers
  - 2 tbsp. finely chopped sun-dried tomatoes
  - 2 tbsp. freshly chopped parsley, for garnish
3. Melt butter in pan and stir in garlic. Cook until fragrant, 1 to 2 minutes, then stir in flour. Cook 1 to 2 minutes more, until lightly golden in color and bubbling slightly. Slowly whisk in wine to deglaze, scraping up any brown bits left on the bottom of the pan. Whisk in chicken stock and bring to a simmer and cook until thickened slightly, 4 to 5 minutes. Stir in lemon juice, lemon slices, capers, and sun-dried tomatoes and season to taste with salt and pepper.
  4. Return salmon to pan and let simmer in the sauce. Spoon sauce over salmon and let cook 3 to 4 minutes more. Garnish with parsley and serve.

## Foil Pack Salmon with Pineapple Salsa



**Yields:**  
1 Serving

**Total Time:**  
0 hours 25 mins

### Ingredients:

- 1/4 pineapple, cored and diced
- 1/2 jalapeño, seeded and diced
- Handful of cilantro, chopped
- 1 lime
- 1 salmon filet
- kosher salt
- Black pepper

### Directions:

1. Make salsa by combining the pineapple, jalapeno, cilantro, and the juice from half a lime, set aside.
2. Tear 2 pieces of foil that are about 12-inch by 18-inch and stack them on top of each other.



- Drizzle of extra-virgin olive oil
3. Place salmon on center of foil and top with a few big spoonfuls of salsa. Season salmon with a pinch of salt and pepper and drizzle with olive oil. Place two thin slices of limes on top of salmon. Fold up packet ensuring you have a tight seal.
  4. When ready to cook, place sealed packet on hot grill or over fire for approximately 10 minutes, flipping once.
  5. Remove packet from grill and pierce with knife or fork to allow steam to escape. Unfold packet and enjoy.

