



Robin Barrie
NUTRITION COUNSELING | PERSONAL TRAINING



Simply Delicious Salmon

INGREDIENTS

- 3 wild salmon filets
- 3 Tbsp fresh parsley chopped
- 2 Tbsp light olive oil
- 1/2 lemon, juiced
- 2 garlic cloves pressed
- 1/2 Tbsp Dijon mustard
- 1/2 tsp sea salt or Himalayan salt
- 1/8 tsp black pepper
- 3 lemon slices

PREPARATION

- 1 Place salmon in a baking dish. Pour marinade over salmon. Let sit covered in the refrigerator for 1 hour.
- 2 Preheat oven to 400 degrees.
- 3 Bake at 400 degrees F for 12-15 min or until just cooked through and flaky. I turn the oven on broil for the last two minutes to get a nice brown crust on the top of the filet.
- 4 Top with extra chopped fresh parsley and a squeeze of lemon juice if desired. Enjoy!
-This is a great recipe to put on the grill.

The simple marinade recipe brings out the flavor of this anti-inflammatory fish that's high in Omega3s. It is also a good source of B vitamins (including B12), potassium, and selenium. Asparagus is high in fiber and a good source of folate and Vitamins C,

E, K and B6, and the minerals calcium and phosphorus. It has anti-inflammatory and natural diuretic properties. Enjoy this balanced meal for two!

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