

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Almond Crusted Salmon

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- ½ c almonds
- 2 T parsley
- 1 T grated lemon zest
- 1 tsp salt and pepper
- 4 wild caught salmon fillets
- 2 T coconut oil
- 4 c. spinach

Directions:

- Grind almonds in a coffee grinder or food processor. Mix almond powder, parsley, lemon zest, sea salt and pepper on a plate.
- Dredge salmon on both sides through the almond mixture.
- Heat oil in a large skillet over medium heat. Add salmon and cook for 5 minutes on each side until cooked throughout.
- Serve over bed of greens and top with fresh lemon juice.