



Mediterranean Salmon

Fish and Seafood Main Dishes

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Mediterranean Salmon

- 2 tomatoes, chopped
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- ½ cup olives, pitted, chopped
- ¼ cup red onions, chopped
- 2 tablespoons capers, drained
- Sea salt and ground pepper
- 1 tablespoon coconut oil
- 4 (6-ounce) salmon fillets
- ⅓ cup fresh basil, chopped

In a medium bowl combine tomatoes, olive oil, vinegar, olives, onion, capers, salt, and pepper. Set aside. In a sauté pan, heat oil at medium-high heat. Sauté salmon 3-4 minutes per side or until cooked through. Add basil to reserved tomato mixture. Serve with salmon. Serves 4.

Steamed Salmon, Spinach, and Fennel Salad

Salad:

- 1 large fennel bulb
- ½-1 pound salmon fillet
- 1 bunch spinach, washed, chopped
- ½ red onion, cut into thin rounds
- ½ cup fresh basil, chopped

Dressing:

- ¼ cup olive oil
- 2-3 tablespoons apple cider vinegar
- 2-3 tablespoons fresh orange juice
- Zest from 1 orange
- ½ teaspoon cinnamon
- Sea salt

Cut the green stalks from the fennel bulb and place them into a large skillet. Fill the pan with water until it reaches the tops of the fennel, about ½-1 inch of water, and place the salmon fillet over the top of the fennel. Cover the skillet and steam fish over medium heat for about 10-15 minutes or until salmon is cooked through. Meanwhile, trim the ends off of the fennel bulb and thinly slice it into small strips. Place the sliced fennel, spinach, red onion, and basil into a large bowl and toss. In another small bowl, combine the ingredients for the dressing and whisk well. Once the salmon is done cooking, remove the skin and discard along with the used fennel tops. Break the flesh into small pieces and place in the salad. Top with dressing and toss gently. Serve immediately. Serves 2-4.



Baked Flounder

- 3 tablespoons olive oil or coconut oil
- 2 tablespoons water
- 2 tablespoons fresh lemon juice
- Sea salt and ground pepper
- 1 pound flounder fillets
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh cilantro, chopped

Preheat oven to 450 F. Put oil, water, lemon juice, salt, and pepper in shallow baking dish. Coat both sides of the fish and allow to marinate for at least 15 minutes in refrigerator. Bake in oven 10 minutes per side or until fish flakes easily with fork. Remove fish from pan. Sprinkle parsley and cilantro over fish and serve immediately. Serves 4.

Sea Bass With Garlic and Thyme

- 4 medium sea bass fillets
- Sea salt and ground pepper
- ¼ teaspoon thyme
- 3 tablespoons olive oil or coconut oil
- 4 cloves garlic, chopped
- 1 lemon, sliced, and fresh lemon juice (if desired)

Season sea bass fillets with sea salt, pepper, and thyme. Heat oil and garlic in sauté pan over medium heat. Add fillets and continue cooking for 3-4 minutes. Flip and cook the other side for another 3-4 minutes or until cooked through and fish flakes easily with a fork. Serve with lemon slices and freshly squeezed lemon juice. Serves 4.

Baked Sea Bass With Vegetables

- 1 tablespoon olive oil or coconut oil
- 4 sea bass fillets
- 2 cloves garlic, chopped
- 1 onion, sliced
- 4 cups spinach leaves
- 10 baby carrots
- ⅛ cup green onions, chopped
- ⅛ cup green peppers, diced
- 1 zucchini, sliced
- 1 sweet potato, cooked, sliced in ¼ inch slices
- 1 teaspoon dried dill weed
- Sea salt and pepper

Preheat oven to 350 F. Massage oil into the fillets, then place fillets in baking dish. Lay all remaining ingredients except dill weed, salt, and pepper over fillets. Sprinkle with dill weed and salt and pepper to taste. Cover dish with aluminum foil and bake for approximately 30 minutes or until vegetables are soft and fillets flake easily. Serves 4.

Salmon With Tomatoes and Rosemary

- 4 salmon fillets
- Sea salt and pepper
- 4 teaspoons olive oil, divided
- 1 teaspoon fresh lemon juice, divided
- 2 lemons, sliced
- 4 sprigs rosemary
- 3 medium tomatoes, chopped

Preheat the oven to 475. Cut 4 pieces of nonstick aluminum foil, each 12 inches long. Rub each fillet with salt, pepper, 1 teaspoon oil, and ¼ teaspoon lemon juice. For each packet, put 2 lemon slices in the center of the foil, top with salmon, a rosemary sprig, and 2 more lemon slices, then surround with chopped tomatoes. Draw up the sides of the foil and seal the packets well, leaving room around the ingredients so they can steam. Put packets on a baking sheet and bake 12-15 minutes or until the salmon is cooked. Spoon into soup plates and serve immediately. Serves 4.

Cajun Salmon

- Olive oil or coconut oil
- 2 medium-sized salmon fillets
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon dried thyme
- 2 teaspoons oregano
- Sea salt and ground pepper

In a medium sauté pan, heat oil at medium-high heat. In a small bowl, combine the spices. Turn the salmon fillets in the spices, covering all sides. Place the salmon fillets (skin side under) in pan. Cook for 3-5 minutes before turning over. Cook another 3-4 minutes or until done. Serves 2.

Salmon With Tomatoes and Rosemary

