



**Lunch | Dinner** 

# **Pan Seared Turmeric Salmon**

**10 Mins Prep Time** 

**10 Mins Cook Time** 

**Servings** 

298 Calories 26g Protein



# **Ingredients**

4 Servings

20 Mins Total Time

**♦ Allergens: N/A** 

1/2 Tsp Ground Turmeric (1)

1/2 Tsp Ground Ginger

1/2 Tsp Ground Cumin

1/2 Tsp Ground Mustard

1/4 Tsp Salt

1 Tbsp Extra Virgin Olive Oil 🖤

4 (4 oz) Fillets Salmon (wild caught if possible)

**Nourishment Note** 

**Turmeric** 



Turmeric is a spice that contains high amounts of antioxidants. Antioxidants may help to lower inflammation within the body.

#### Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with Crohn's disease and ulcerative colitis.



#### **9** Salmon

Salmon contains omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation in the body.





## **Instructions**

### 1. Mix Spices

In a bowl, mix together the turmeric, ginger, cumin, mustard, and salt.

### 2. Prepare Salmon Fillets

Season salmon fillets with the spice mixture.

#### 3. Cook Fillets

In a skillet, heat oil on medium-high heat. Place salmon fillets skin side up in pan. After cooking for 5 minutes, flip the salmon.

#### 4. Check for Doneness

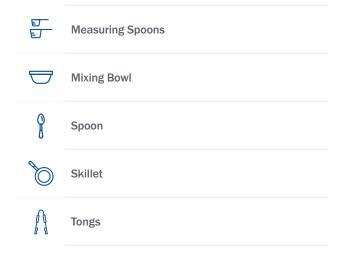
Cook another 5 minutes or until salmon is opaque and flakes easily with a fork.

#### 5. Serve & Enjoy

Once salmon is fully cooked, plate fillets and enjoy!

Recipe Created by Meijer Registered Dietitians, Beth Eggleston and Emily Parsell

## What You'll Need



### **Remission Remix**

 Serve with a side of brown rice and roasted or steamed broccoli.