meijer specialty pharmacy

Lunch | Dinner

Pan Seared Turmeric Salmon

10 Mins	10 Mins	4
Prep Time	Cook Time	Servings

298 Calories | 20g Fat | 0g Carbs | 26g Protein

Ingredients

4 Servings | 20 Mins Total Time | Allergens: N/A

- ½ Tsp Ground Turmeric
- ½ Tsp Ground Ginger
- ½ Tsp Ground Cumin
- ½ Tsp Ground Mustard
- ¼ 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.

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.

meijer specialty pharmacy

Instructions

1. Wash Hands
Wash hands with soap and water.

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

3. Prepare Salmon Fillets
Season salmon fillets with the spice mixture.

4. 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.

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

6. Serve & Enjoy
Once salmon is fully cooked, plate fillets and enjoy!

7. Wash Hands
Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need

- Measuring Spoons
- Mixing Bowl
- Spoon
- Skillet
- Tongs

Remission Remix

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