

Dinner

Pan Seared Turmeric Salmon

Side Effect: Weight Loss/ Loss of Appetite

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

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



Ingredients

 **4 Servings**  **20 Mins Total Time**  **Allergens: Fish**

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 

Allergen Swap

Fish Replace fish with chicken or tofu

Nourishment Note



Extra Virgin Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation in the body.



Salmon

Salmon is an excellent source of protein and contains omega-3 fatty acids. These types of fats are particularly important for the brain and help to reduce inflammation as well.



Turmeric

Curcumin, the active ingredient in turmeric, has been shown to have anti-cancer effects, particularly on breast, bowel, skin and stomach cancers. Research on curcumin as a cancer therapy is ongoing.

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 Registered Dietitians

What You'll Need



Measuring Spoons



Mixing Bowl



Spoon



Skillet



Tongs

Fatigue Buster

- Purchase frozen, individually packaged salmon fillets.