



Salmon is both delicious and nutritious. In addition to being a source of protein, it provides omega-3 fatty acids, vitamin B and D, and minerals like niacin and phosphorous.

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## HEART SMART

### Wild-Caught Crispy Salmon

2 wild-caught salmon fillets  
2 cloves garlic, minced

Olive oil or coconut oil  
Sea salt

With a sharp knife cut narrow slits in the skin side of the fish about  $\frac{1}{2}$  the way down. Sprinkle with olive oil, salt, and garlic making sure to get it into all the cuts.

Heat an oiled skillet over medium-high heat until oil is hot. Place fish skin side down and hold the fish down flat for a minute so it cooks evenly. Continue cooking until you see from the side of the fish that it is cooked  $\frac{3}{4}$  of the way up. Use a spatula to turn the fish and cook for another 2-3 minutes. You may need to add more oil. Turn the fish back onto its skin side and take the skillet off the burner. Let rest for a 3-5 minutes before serving.

*Adapted from a recipe by Gordon Ramsey.*

Serves: 2