



It's no surprise that salmon's a super-food, but some of the ways it works its magic may surprise you. Salmon is packed with omega-3 fatty acids and vitamin B12 in addition to selenium and choline. All of the above are linked to improving brain function, cognition, and neurological health. specificwellness.com

NOT SO NUTTY

Nut Encrusted Salmon with Lemon Sauce

1 lb salmon, wild caught, cut into pieces
½ cup chopped nuts (walnuts, hazelnuts, pecans, almonds or a combination)
2 tablespoons gluten free bread crumbs
1 tablespoon coarse grain or Dijon mustard
1 tablespoon honey
1 tablespoon olive or avocado oil

Preheat oven to 350°F.

Put all of the ingredients for the nut mixture, except the salmon, in a food processor and pulse until combined. Place salmon, skin side down, on a baking sheet. Sprinkle sea salt on salmon. Spread nut mixture on salmon and bake for 20-25 minutes or until desired doneness.

To make the sauce:

Melt butter in small saucepan. Add the rest of the sauce ingredients and simmer for 5-7 minutes.

Lemon Sauce

1 stick of organic, grass-fed butter
Juice of one lemon
4 cloves of garlic, chopped, left to sit 5 minutes.
2 tablespoons fresh parsley, chopped
1 tablespoon fresh dill, chopped
½ teaspoon honey