



Marjie C. Andrejciw, MT (ASCP) MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenutrition.net

Lemon & Garlic Salmon with Asparagus

Ingredients:

- 1 lb salmon fillet
- 1 1/2 tbsp unrefined coconut oil or fat of choice
- 2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- sea salt

For the Asparagus:

- 1 bunch asparagus, trimmed
- 1 1/2 tbsp coconut oil or fat of choice
- 2 cloves garlic, minced
- zest of 1 lemon
- sea salt and black pepper to taste

PREPARATION OF THE SALMON:

1. Heat cast iron pan or skillet to medium-high and add coconut oil. Sprinkle salmon with sea salt and place in pan skin side up. Cook 4-6 minutes.
2. Flip salmon and add garlic and lemon juice. Cook for an additional 3-4 minutes, until cooked through but still moist.

PREPARATION OF THE ASPARAGUS:

1. Heat coconut oil over medium heat. Add asparagus and cook for 3 minutes, stirring occasionally.
2. Add garlic and lemon zest, cook for an additional 5 minutes.
3. Remove from heat and sprinkle with sea salt and black pepper to taste.